

Development of airport will  
be a lengthy process.

News, Page 3A

Get down to autumn's roots  
with hearty vegetable blends.

Food, Page 1C



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# Granite City Journal

SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS

BROOKLYN • GRANITE CITY • MADISON • MITCHELL • PONTON BEACH • VENICE

VOLUME 19, NUMBER 86

WEDNESDAY, NOVEMBER 1, 1995

FIFTY CENTS



(Staff photo by JOHN FRESE)

**Bazaar** — First Presbyterian Church of Granite City will host its annual Christmas bazaar on Saturday from 9 a.m. until 2 p.m. The event will feature craft items and quilts made by the women of the church. Pictured with some of this year's offerings are, from left, Minnie Wetzel, Bess Henley and bazaar co-chairs Burdine Holtzschner and Barbara Landis. The church, located at 22nd and Delmar, will serve lunch between 11 a.m. and 1 p.m. Saturday.

## Old Newsboys take to the streets

It's here.

Tomorrow, Thursday, Nov. 2, more than 6,000 Old Newsboys will blanket the metropolitan area to raise money for children's charities.



Old Newsboys Day  
Thursday  
November 2

There will be plenty of opportunity to purchase a special edition Old Newsboys Day Suburban Journal newspaper, as many of the volunteers will be on the blustery street corners as early as 6 a.m. And, for those who don't have to journey out in the wee hours of the morning, Old Newsboys Day Journals will be available all day at some local businesses.

Rod Zimmerman, vice president and general manager of KMOX-AM (1120), radio, is

This year, for the first time, Old Newsboys Day newspapers can be purchased after the traditional morning rush hour. Local Schnucks Supermarkets, Shop 'n Save stores and Best Buy locations will sell the special edition Suburban Journals during regular business hours on Old Newsboys Day, Thursday, Nov. 2.

the chairman of the 1995 Old Newsboys Day drive.

"Each year thousands of people throughout the area come to the aid of needy children by supporting Old Newsboys Day," (See NEWSBOYS, Page 2A)

## Local sellers will be ready

The following is a list of some of the organizations that will be selling the special Old Newsboys Day edition of the Suburban Journal, followed by the corners where they will be selling. Money paid for the special edition will benefit local children. The drive has collected \$5.5 million for local children's agencies since it began in 1967.

- Shop 'n Save — #1 Namecki Village.
- Protestant Welfare Association — Cleveland and Niedringhaus.
- Granite City Optimists — Edison and Niedringhaus and 20th streets.

(See SELLERS, Page 2A)

## Wilson to veto pay increases

By Scott Cousins  
Staff writer

Pontoon Beach Mayor Glen Wilson says he will veto at least part of a resolution giving pay increases to several village officials.

Wilson also criticized the performance of one of those officials — Economic Development Director Mike Sasysk — and questioned plans to make the raises retroactive to May 1.

Arguments over the resolution included charges by Trustee Mike Macek that Wilson wasn't invited to economic development meetings because he talked about the meetings and killed deals.

Wilson said he had no problems with raises for most of the employees, but disagrees with giving them back pay. He added that he believes Sasysk has done nothing since being appointed.

On Friday, Wilson said he would have to consult with Village Attorney Keith Jensen about the veto. Wilson said he wasn't sure if he had veto powers or must veto the entire

resolution.

Sasysk, who served as Madison's mayor from 1970 to 1984, was appointed as an unpaid economic development director three years ago.

The resolution gives Sasysk \$200 per month, and includes back pay to May 1.

Also included are raises with back pay for the deputy clerk, file clerk and janitor.

The resolution was approved by a 4-2 vote, but Wilson said he would veto at least

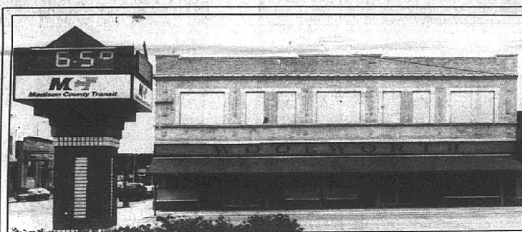
part of the proposal. Voting for the resolution were Trustees Macek, Randy Presswood, Gus Falter and Irene Karlechik. Voting against the resolution were Trustees Bob Abel and Bob Vincent.

During discussion of the proposal, Vincent argued that raises were acceptable, but back pay was not.

"I don't mind giving raises, but I (See VETO, Page 2A)



Wilson



(Staff photo by SCOTT COUSINS)

Granite City's new Park N Ride lot will be located at the site of the old Woolworth Building.

## Woolworth Building coming down Parking lot planned

By Scott Cousins  
Staff writer

An agreement with an engineering company to design the new Park N Ride lot in Granite City was approved Thursday by the Madison County Transit District Board of Trustees.

The move authorizes Chairman Nelson Hagnauer to execute an agreement with Oates Associates of Collinsville to provide engineering services for the facility, to be located at the site of the old Woolworth Building at the intersection of 19th Street and Edison streets. The cost for engineering on the project will be \$32,000.

The lot will provide an additional 30-40 parking spaces across the street from the district's Granite City transfer station.

Transit District Director Jerry Kane said that when the station opened in 1990, it had 23 parking spots, which were immediately filled.

The demolition and construction phases of the project will cost approximately \$175,000 and will be paid with federal Congestion Air Quality Management funds. In addition to the Woolworth building, two adjacent buildings will also be torn down.

All were recently purchased by the (See LOT, Page 5A)

## Police seize guns, knives

Granite City police confiscated two guns and three knives from a man who allegedly tried to fill a prescription for someone else without authorization over the weekend.

Police also confiscated a loaded Uzi 9mm semi-automatic assault weapon, a loaded .44-caliber Magnum revolver and a loaded 12-gauge shotgun from the man's car.

The man told police he is a U.S. marshal, but police say the U.S. Marshal's office would not confirm that.

Charles E. "Eddie" Duckett, 46, of the 1100 block of Lola Street in Mitchell, was arrested at the Walgreen pharmacy in Granite City shortly after 6 p.m. Saturday and charged with unlawful acquisition of a controlled substance and unlawful use of weapons in a felony warrant issued Monday.

Bond on the warrant is \$30,000. Duckett tried to get someone else's prescription for alprazolam, an anti-anxiety medicine similar to Valium, filled at Walgreen without authorization, according to a police report.

A pharmacist at Walgreen notified the Granite City police department, which told the pharmacist to go ahead and fill the prescription while police waited outside the drug store.

When he exited Walgreen, Duckett produced a badge and identified himself as a bail enforcement officer of the U.S. Marshal Service, the report states.

Duckett was armed with a 9mm pistol on his shoulder, a knife at his left breast, a .32-caliber Beretta pistol in his right boot and a knife inside his left-hand coat pocket, police said.

Duckett produced another knife at the booking window in the police station, a report states.

Assistant Police Chief Kip Pomeroy said he is proud of the officers making the arrests. "The weapons seized in this case are just further testament of the armament we are finding on the street," Pomeroy said. "We are glad these weapons are off the streets."

## In the Journal

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John Fuller, Chief Meteorologist, KSDK NewsChannel 5

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
63 48	51 35	48 30	47 31

## Malfunction blamed in death

By Bob Slate  
Staff writer

Manual override of a malfunctioning safety mechanism on an overhead press at A.O. Smith Corp. in Granite City resulted in the decapitation of a 52-year-old worker Friday, employees say.

David Lynn Keel of the 2200 block of Edwards Street in Granite City was pronounced dead at the automobile manufacturing plant at 3101 Missouri Avenue in

West Granite at 5 p.m. Friday by Coroner Investigator Ed Morton.

The federal Occupational Safety and Health Administration and the Granite City police department are investigating the incident.

The accident occurred while Keel and another employee were working on an overhead press, witnesses at the plant said.

Keel and Moreo S. Williams were working on opposite sides of the punch press

Friday night, said Jim Sleska, press area supervisor.

Williams' job consisted of placing an auto part under the press. When functioning properly, the press descends and ascends after both employees depress safety buttons to release the heavy machine, Sleska said. After depressing the safety buttons, Keel's job was to remove the part and place it on a conveyer belt.

(See DEATH, Page 5A)



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## Named to human rights panel

Gary E. Miller, director of the Illinois Guardianship and Advocacy Commission, has announced the appointment of Katherine A. Gregus of Granite City to the commission's Metro East Regional Human Rights Authority.

Gregus, who has been employed by the state of Illinois for a number of years, holds a bachelor of science degree in elementary education with certification in special education, early childhood and educable mentally handicapped.

The Human Rights Authority (HRA) serves a unique role in the human service arena. It consists of 81 volunteers from throughout the state who conduct investigations of complaints of rights violations in facilities who serve persons with disabilities.

The HRA is one of the three programs of the Illinois Guardianship and Advocacy Commission, an executive state agency which provides guardianship services for adults with disabilities; legal advice and representation and human rights investigation services to adults and children with disabilities.

## Airport development to be slow

By Scott Cousins  
Staff writer

The Madison County Transit District's development of Nichols Field will be a very long-term project, according to transit officials.

The field, also known as Lakeside Airport, was recently purchased by the district for \$455,000. It will be used as a reliever airport to handle small plane traffic.

"It will never be a large commercial airport," Transit

District Manager Jerry Kane said after Thursday's Transit Board meeting.

Instead, it will handle small private and business planes that now use St. Louis Regional Airport in Bethalto and St. Louis Downtown-Parks Airport in Cahokia. Because of increased commercial and private plane use, those airports have become overcrowded.

Kane said improvements would probably include paving the airport's one remaining

runway and buildings and additional runways might be put in.

Owner Bill Nichols had plowed up two of the airport's three grass runways before his death in 1989.

Before those improvements are made, Kane said, there must be appraisals, plans and an environmental impact statement prepared, and cuts in federal and state transportation funding could mean delays or added transit district expenses.

This process could take several years.

The district is also in the process of purchasing St. Louis Metro-East Airport near Troy, and Kane said the environmental impact statement for that project alone took almost two years.

At Nichols Field, the district is now having the land appraised, Kane said. That is a necessary step toward being reimbursed by the Federal Aviation Administration.

The FAA will reimburse the district for 90 percent of the cost of the purchase, and the Illinois Department of Transportation Division of Aeronautics will reimburse another five percent.

Kane said that same formula would also be used to pay for airport improvements, but because of federal and state budget cuts, that money might not be there, or it may take longer to get it.

The most important reason for the purchase at this time was to maintain the airport's airspace rights. Kane said if the land had been sold and the airport shut down, those rights would have been lost and impossible to regain.

Since Nichols' death, there had been two unsuccessful attempts by local cities to create an airport taxing district and purchase the 150-acre site.

The state authorized transit districts to get into the airport business two years ago, after efforts by St. Jacob, Marine and Troy to purchase St. Louis Metro-East Airport failed.

One of the reasons for the transit board's actions was a report by the East-West Gateway Coordinating Council that cited a clear approach and proximity to downtown St. Louis as valuable assets.

At one time about 100 private planes used Nichols Field, but fewer than a dozen are parked there now.

## Regulated hunting on public land

The Corps of Engineers provides responsible stewardship for 110,000 acres of land and water located in Illinois and Missouri along pools 24, 25, 26 and 27. These lands are available for a variety of outdoor recreational opportunities.

Public lands along the Chain of Rocks Canal have been opened this year for regulated hunting in designated areas. All Corps of Engineers hunting areas are identified with a white Corps of Engineers "wildlife management" sign. Refuge and safety zone areas closed to hunting are identified with "no hunting" signs. All state hunting and firearm laws apply to open hunting areas, with these restrictions:

- ✓ No firearms loaded with single projectile ammunition (slugs, rifle bullets, black powder balls, etc.) or shot size larger than No. 4 lead or No. 2 steel.

- ✓ No hunting or loaded firearms within 50 yards of parking lots and public roadways.
- ✓ No permanent blinds or stands. Portable blinds and stands must be removed each day.

Fall, for many, is a time to enjoy the outdoors through hunting, but should be done so with safety in mind. Officials urge those using the land to be considerate of other individuals and the fragile natural resources.

These are public lands, open for use and enjoyment by all. Contact the Riverlands area office, 200 Berm Highway, East Alton, Ill., 62024; or telephone (314) 355-6585 or (618) 462-8005.

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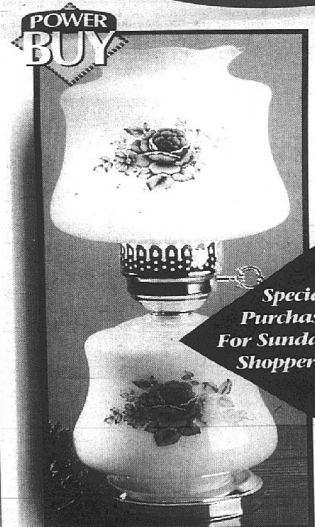
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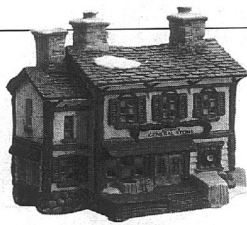


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Thursday, Nov. 2  
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Friday, Nov. 3  
Fried fish fillet, baked potato, three-bean salad, rye bread, lemon pudding.

Monday, Nov. 6  
Barbecued rib, potato salad, beans, bread, cookies.

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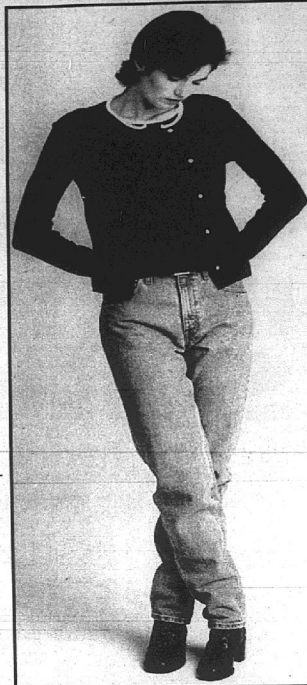
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# •Lot

(Continued from Page 1A)

Transit District for \$20,000. Kane said bids will be let for the demolition and construction in the spring, and the facility could be in operation by next fall.

The construction cost had been expected to be about \$100,000, but asbestos abatement in the Woolworth's building drove up the price.

In a related matter, Kane announced the district was looking for bids for the Edwardsville transfer center.

The district was recently notified that it would receive \$1.52 million in federal matching funds for the new station. Kane said they were unsure at this time if the remaining \$400,000 would be paid by the state or Transit District.

In April the district purchased the Cassens & Sons car dealership at 121 Hillboro Street in Edwardsville. The district paid \$850,000 for the property, and gave the dealership 18 months to find a new location.

The district is planning a similar transfer station in Collinsville.

Kane said they were looking at a specific site, but were still negotiating.

The board also approved resolutions authorizing an agreement with the Illinois Department of Transportation on the purchase of 33 new buses.

It was recently announced that the district would receive \$5.5 million in federal funds to purchase the buses.

Kane said the federal funds will pay for 80 percent of the cost. The remaining 20 percent must come from local — state or district — funds.

He added that the state will be picking up the remaining cost of 18 buses.

By Scott Cousins

Staff writer

The appeal of the \$75 million wood-burning power plant in Madison has been received by the Illinois Pollution Control Board.

Board spokesman John Cross said the appeal, sent by certified mail late Thursday evening, was received at about noon Monday.

# •Death

(Continued from Page 1A)

But Williams and another employee told police that the press did not descend after he and Keel depressed the safety buttons. Williams then walked to a control box and overrode the press manually.

The press then descended and ascended and Keel placed the part on a conveyor belt.

After Williams placed another part on the press, the machine again malfunctioned, Williams said. He again overrode the safety device. When he walked back to his work station, Keel was dead.

Keel, whose head and arm were severed by the press, was still standing at his work station because his shirt was caught in the press, according to Williams.

Keel had been employed at A.O. Smith for about a year. An obituary appears on Page 7A of this issue.

Cross said a decision on how the appeal would be handled would be made by the end of the week.

Opponents of the plant are seeking to have the siting overturned.

In September, the Madison City Council approved the siting of the plant — to be developed by Metro East LLC, a subsidiary of the Connecticut-based STRV LLC. Public hearings on the plant siting were held in late July.

The plant would burn waste wood and coal to produce electrical energy.

Opponents had 35 days to file an appeal with the IPCB. If the board accepts the appeal, it will schedule a local hearing and make a ruling. That ruling could be appealed in court.

The two main issues in the appeal are fundamental fairness and jurisdiction.

The fundamental fairness question deals with whether opponents were given a fair chance to present their case against the plant siting.

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For Results that count try the Journal Classifieds

## Tips on proper Plant Lighting from the experts at

# FRANK'S®

Nothing quite beats flowering plants for brightening up a room. They add color, either vibrant and cheerful or pale and quiet. And they perk us up when we're feeling low.

Some indoor flowering plants are of the temporary variety - the kind that the guy shows up with in your hospital room or at the office on your birthday or anniversary. They're beautiful indeed, but aren't considered permanent. Others are longer-lasting and will bloom again and again as long as they receive proper care. Proper lighting for your plants is one of the most important things you can provide. Here are some tips on how to do just that.

First of all, plants simply won't live long without light. Oh, they may seem to for a while, but they won't grow, thrive or flower. Skimping light can cause plants to stop growing, lose their flashy leaf patterns, or even their leaves altogether. But all this doesn't mean you should drown them in light. Too much doesn't do them any good either. The successful indoor gardener knows exactly how much to give them.

Plants differ in the amount of light they require. What's good for one may be exactly the opposite for another. They're generally classified according to the amount of light they need, either low, medium or high. We'll decipher these terms a bit more.

Low light means no direct sunlight during the day, such as what happens in a window facing north. Medium light is direct sunlight for two to three hours per day; an east or west facing window can provide it. A south window shaded by sheer drapes can do the same. High light is direct sunlight for six hours each day; usually provided by a south window.

These can change with the seasons. A south window may pass for an east or west one during the winter.

Other factors can enter into the picture also. If there's a tree or awning shading your house, it would

put a serious damper on the lighting. The same's true for a string of cloudy days. Ditto for keeping the plant too far from the window.

Before you purchase plants, check out the lighting situations around the windows and make your plant purchases accordingly. Finding a plant to fit the situation is normally much easier than fitting a situation to a plant. Most flowering plants do best in medium or high light.

If your lighting situation seems hopeless, with shade or other obstructions in abundance, don't despair. Many plants can be grown under artificial lights.

There are two types of lights available for plants, and they're most likely the same two you have in the house already. Light bulbs and fluorescent tubes. Incandescent (bulb) lights emit wavelengths heavy on the red end of the light spectrum and should be used only as a supplemental light source. They get very warm and can burn the leaves if left too close to the plant.

Fluorescent tubes produce light over a wider range of the spectrum, mostly in the blue or violet range. They can be used as the sole light source for growing plants. They don't give off nearly as much heat as light bulbs, so the chance of foliage burning is diminished greatly.

Plants should be left under the artificial lighting for twelve to sixteen hours per day.

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**Watch Sunday's Journal for more tips from the experts at Frank's!**

## WOOD RIVER TOWNSHIP HOSPITAL COMMUNITY REPORT

# Celebrate Life!

A wellness day at WRTH

On Wednesday, November 1st, Wood River Township Hospital will "Celebrate Life" with special programs for the general public on wellness and good health, health care screenings, talks and seminars on health-related topics, and tours of some of the Hospital's newest facilities.

The programs will include seminars by Hospital staff and physicians, doctors from St. Louis University Health Sciences Center, and several community organizations.

Topics include early detection of breast cancer, living with arthritis, keeping your heart healthy, treating and preventing stomach and intestinal disorders, understanding prescriptions and dealing with the Medicare system.

Other topics include estate planning, volunteering, pre-need funeral planning, financial planning, and dealing with difficult people. WRTH also will offer free blood pressure screenings, free kits to test for lower GI bleeding, discounted mammography tests and low-cost cholesterol screening.

## Health care displays and information

St. Louis University Health Sciences Center  
 Madison County Health Center  
 Wood River Township Hospital Auxiliary  
 Wood River Township Hospital Hospice  
 Illinois Power Company  
 Social Security Office  
 Marks Mortuary  
 Medco Ambulance/Education Department  
 Physical Therapy Department  
 Food & Nutrition Department  
 Shell Credit Union  
 Villa Rose Retirement Center  
 Mammography Unit  
 Flexcare  
 Miracle Ear Corporation  
 Foxes Grove Retirement Community/Rosewood Care Center  
 River Road Talking Book Service  
 Healthy Moms/Healthy Kids  
 Blue Cross/Blue Shield

## Celebrate Life!

Wednesday, November 1st  
 11 a.m. to 6 p.m.  
 Wood River Township Hospital

Join us on Wednesday, November 1st- and help us **Celebrate Life!**

## Important Health Care Screenings

Free blood pressure checks  
 Free breast self-examination cards  
 Free lower GI bleeding kits  
 \$3 cholesterol screening  
 discounted mammography tests

## Tours of our new facilities

Fourth floor rehabilitation unit  
 Remodeled mammography unit  
 State-of-the-art radiology equipment  
 St. Louis University Clinics  
 and much more!

# Open House

Come see the official grand opening of our newly remodeled fourth floor SSM Rehabilitation Center.  
 Tours from 1 to 3 p.m.

## Annual Pumpkin Ball Benefit set for November 10th

Tickets are now available for the Annual Pumpkin Ball Benefit Dinner Dance.

The Benefit is sponsored by Wood River Township Hospital and Auxiliary and the proceeds to toward the Auxiliary Health Career Scholarship Fund and toward the purchase of equipment for the hospital.

The event will be on Friday, November 10th at Sunset Hills Country Club. Cocktails begin at 5:30 p.m., followed by dinner at 6:30 p.m. and dancing from 8 p.m. to 11 p.m. Music will be provided by the

band "Trilogy."

In addition, there will be a silent auction of sports memorabilia and various craft items.

The public is invited. Tickets are \$30 and may be ordered by calling 251-7197.

The Pumpkin Ball raises funds for annual health care scholarships for area students and for the purchase of hospital equipment.

For information on these or other services, please call 254-3821.

## Obit

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# Obituaries

## David Keel

David Lynn Keel, 52, of Granite City died at 8 p.m. Friday, Oct. 27, 1995, at A.O. Smith Corporation in Granite City. He was born Aug. 10, 1943, in Granite City, where he had been a life-long resident.

Mr. Keel was a punch press operator with A.O. Smith Corporation for one year. Survivors include his wife, Karla (Gulroff) Keel, whom he married May 7, 1995; one son, David Keel of Granite City; two daughters, Doree Pechlatti and Lisa Keel, both of Granite City; his mother, Dora (Gray) Keel of Granite City; one brother, Charles Marvin Keel of Hillsboro, Mo.; one sister, Joyce Moore of Granite City; and one granddaughter. He was preceded in death by his father, Morris Keel; and one brother, Elton Eugene Keel.

## Virgie Hankins

Virgie "Cookie" (Hoffman) Hankins, 50, of Granite City died at 1:35 a.m. Friday, Oct. 27, 1995, at her residence. She was born April 21, 1945, in Granite City, where she had been a life-long resident.

Owner of Just For You Retail Shop in Granite City for one year, she was one of the founders of the Family Violence Rights Coalition. She was of the Protestant faith.

Survivors include her husband, Charles G. Hankins, whom she married April 13, 1965, in Granite City; four sons, Charles A. Payne and Darrell W. Walter M. and Charles C.A. Hankins, all of Granite City; one daughter, Cynthia D.M. Orlando of Granite City; her mother, Marie F. (Powers) McKenzie of Pontoon Beach; five brothers, Clarence Hoffman of Collinsville, Tommy and David Hoffman, both of Granite City; Tony Hoffman of Morgantown, Ky.; and Virgil Littlejohn of Portage, Ind.; six sisters, Carol Evans of Effingham, Rhonda Eason of Pontoon Beach, Darla Eason, Christine Martin and Jeannie Hoffman, all of Granite City; and Sandra Briley of Waterloo; five grandchildren; and two great-grandchildren.

She was preceded in death by her father, Clarence Hoffman. Services were Tuesday at Mercer Mortuary in Granite City with the Rev. David Tyler officiating.

## Nellie McBride

Nellie (Postponko) McBride, 75, of St. Louis, formerly of Madison, died at 11:35 a.m. Monday, Oct. 30, 1995, at St. Elizabeth Medical Center. She was born July 13, 1920, in Desloge, Mo. Visitation is from 4 p.m. to 6 p.m. today, Wednesday, at Irwin Chapel, 3960 Maryville Road in Granite City. Burial will be held at 7 p.m. today.

Service time is pending Thursday with the Rev. F. Thomas Succarotte officiating.

## Lorhee Carr

Lorhee V. (Melton) Carr, 92, of Granite City died at 1:45 p.m. Friday, Oct. 27, 1995, at her residence. She was born June 2, 1903, in Bumpus Mills, Tenn., and had been a resident of Granite City since 1927.

A homemaker, she was a member of Clark Avenue Church of Christ in Granite City. Survivors include one son, Kenneth Carr of Granite City; four daughters, Helen Williams of Arnold, Mo., Kathleen Andrews of Granite City, Shirley Kent of Collinsville and Frances Kretzer of St. Louis; 14 grandchildren; 23 great-grandchildren; and four great-great-grandchildren.

She was preceded in death by her husband, Virgil Carr, whom she married May 2, 1929, and who died Jan. 14, 1988; her parents, James and Harrison Melton; and one sister, Lucy Hinson.

Services were Monday at Irwin Chapel in Granite City with the Rev. Charles Pike officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

Memorials are requested for the Hospice of Madison County.

## Lenora Morgan

Lenora E. (Holmes) Morgan, 84, of Granite City, formerly of St. Louis, died at 12:45 p.m. Friday, Oct. 27, 1995, at Elmhurst Health Care Center in Maryville, following a 10-year illness. She was born July 29, 1911, in Thebes, Ill., and had been a resident of Granite City and Madison for 42 years.

A homemaker, she was a member of Calvary Pentecostal Church.

Survivors include three sons, Bobby Morgan of Fayetteville, N.C., James Morgan of Wentzville, Mo., and John

Morgan of Granite City; five daughters, Pauline Pierce of St. Louis, Betty Holloway and Shirley Pulley, both of Granite City, Sharon Vanzant of Cumberland City, Tenn., and Ina Wright of Lancaster, Calif.; two brothers, Aaron

Holmes of Madison and Orle Holmes of Elmonte, Calif.; two sisters, Blanch Dunn of St. Louis and Mary Modglin of Cape Girardeau, Mo.; 19 grandchildren; 31 great-grandchildren; and seven great-great-grandchildren.

She was preceded in death by her husband, Cecil Morgan, whom she married Dec. 23, 1928, in Cairo, and who died in 1985; her parents, Clarence and Mattie (Orr) Holmes; and three brothers, George, Link and

Albert Holmes. Services were Monday at Thomas Memorial Mortuary in Granite City with the Rev. Harold Maynard officiating. Burial was in Mount Zion Cemetery in Olive Branch, Ill.

Memorials are requested for Calvary Pentecostal Church. (See OBITUARIES, Page 8A)

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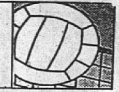
**SOCCER**  
Space still open for annual Thanksgiving championship tournament in O'Fallon.  
Page 3B

# LOCAL JOURNAL SPORTS

WEDNESDAY, NOVEMBER 1, 1995  
GRANITE CITY JOURNAL

## VOLLEYBALL

The Lady Warriors battle to make the sectional championship.  
Thursday



**Art Voellinger**

## Football and turkey: Oh, yeah

For many residents of the Belleville area, Thanksgiving used to mean football and turkey.

The Turkey Day game between the high schools of Belleville Township (West) and East St. Louis Senior were a must for many of us.

No wonder then why the sixth annual Belleville Pilgrim Bowl has caught my fancy. While digesting turkey, I can watch football from Friday morning, Nov. 24, through Sunday evening, Nov. 26.

Thanks to the efforts of the Belleville Little Knights and Little Devils — organizations which provide little league football for 21 teams — the Pilgrim Bowl will feature action for approximately 60 teams.

More than a total of 40 games are scheduled at three sites — Knights' Catholic War Veterans Field, Devils' Citizens Park and the Belleville Township Stadium.

In addition to the Belleville teams and other area members of the Tri-County League, including teams from Alton, Collinsville, Cahokia, Columbia, Dupu, Red Bud and Highland, entries are more than state-wide.

At this writing, entrants include 10 teams from the St. Louis Metro West Junior League, nine from Wood Dale, Ill., six from Bloomingdale, Ill., five from Waukegan, Ill., four from Algonquin, Ill., three from Evansville, Ind., two from Mokena, Ill., and one each from Carol Stream, Ill., Omana, Neb., and Kansas City, Mo.

According to Jeff Harris, president of the Little Devils, inquiries for the Bowl games for boys age 7 through 14 also have come from teams in Texas, Oklahoma, Georgia and Kentucky.

Harris and Ken Lightcap, president of the Little Knights, and a Pilgrim Bowl committee chaired by Rick Buehler, both of the Knights and Kurt Kassebaum of the Devils are responsible for a budget estimated at \$15,000 for the games.

In 1994, 35 games were played with 21 of them decided by two touchdowns or less. Divisions include Tykes, maximum weight 65 pounds, age 7; Junior Pee Wee, 75 pounds, age 9; Pee Wee, 95 pounds, age 11; Junior Midget, 110, age 12; Midget, 125 pounds, age 13; and Junior 160 pounds (ends and backs); interior linemen unlimited, age 14.

Originated by the Knights in 1990 when 12 games were played at the Freeburg High Stadium, the Pilgrim Bowl is regarded as the best little league affair in the Midwest.

"It's safe to say that," said Harris, who played on the first Pee Wee League team in Belleville in 1964 and since then has been active with the Little Devils.

Among the expenses for the games are the cost of having four-certified Illinois High School Association referees per game, rental of the Township Stadium for a scheduled 21 games and cost of plaques for each team and player.

Admission to the games is free, and if the action is comparable to what this scribe watched last year, the Pilgrim Bowl is a plus during a weekend when Turkey Day football used to be No. 1.

**OVERTIME:** Among the rules applied in the Pilgrim Bowl is one that keeps the clock running once a team has secured a 24-point lead in the second half. Should the trailing team reduce its deficit under 24, the clock returns to normal operation.

According to Harris, a total of "eight to 10" Knights teams and "seven or eight" Devils will enter the Bowl. In addition to the football games, social events for the players, coaches, officials and families involved include a bonfire.

Regarding the weight limitations, Harris said players are given a weight allowance throughout the season.

"We've never had any report of players losing excess weight and hurting themselves to be able to play," said Harris.



Nicole Done

## Season ends for Done

By Rob Raphael  
Staff writer

It was a good day for many area cross country teams Saturday at Decatur McArthur where the IHSA Sectionals were held for the second year in a row. Many local athletes will be traveling to the state meet, although the season came to an end for Granite City and Nicole Done.

Done, the only Granite City athlete at the sectional, placed 85th out of over 160 runners, with a time on the 2-mile course of 13:22.

"She was right in the middle, and she didn't do as well as last year," said Warrior coach Dave McClain. "It was cold, with a biting wind, but she didn't run real well. She

(See RUNNING, Page 2B)

## Granite kickers named to Illinois Downstate teams

By Rob Raphael  
Staff writer

Justin McMillian, Steve Logan and Justin Bernaix have been recognized by receiving various honors for their work on the soccer pitch this year. McMillian received the highest honor as he was one of three area players to receive All-Midwest recognition.

## Illinois Downstate Eleven teams

**First Team**  
Edwardsville: Mark Robinson, Alton-Marquette: Justin McMillian, Granite City: Justin McMillian, Belleville East: Rudy Lawrence, O'Fallon: Everett Abbey, Quincy: T.J. Jumper, Spg'd-Lam: Steve Logan, Granite City: Andy Beck, Edwardsville: Kyle Kother, Springfield.

**Second Team**  
Donovan Bradshaw, Quincy: Darin Compton, Collinsville: Breton Diller, Highland: Kyle Wilson, Civic Memorial: Nick Carr, Mascoutah: Mike Rodan, Gibault: Jim Whisler, Alton: J.B. Bernaix, Granite City: Chris Bingham, Triad: Matt Mader, Alton-Marquette: Kyle Franke, Chatham-Glenwood.

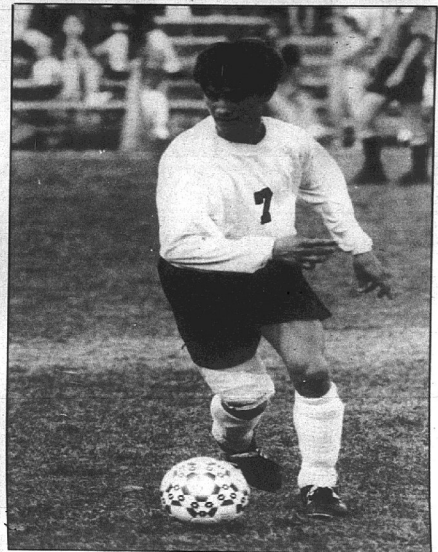
McMillian and Logan were also named to the Illinois Downstate Eleven first team, while Bernaix was named to the second team.

Besides these honors, McMillian, Logan and Bernaix were all named to the Southwest Conference first team; Mark Mendenhall was named to the conference second team, and Brian Lloyd was named to the conference's honorable-mention team.

The following is the complete list of local players selected in official teams as voted by the Illinois High School Soccer Coaches Association:

All-Midwest: Mark Robinson, Alton-Marquette: Justin McMillian, Edwardsville: Justin McMillian, Granite City.

(See SOCCER, Page 2B)



(Staff photo by JOHN FRESSE)

Warriors standout Justin McMillian earned All-Midwest honors.

## Summer camps, junior high could aid urban volleyball programs

By Rob Raphael  
Staff writer

The Venice and Lovejoy volleyball teams were each placed in the Dupu Regional last weekend, and each round loss.

It was a tough way for both teams to finish their seasons as each program is trying to establish itself in the volleyball framework.

Both teams are trying to get girls excited about playing volleyball, while in the meantime laying the foundation for an off-season work program. It's not easy.

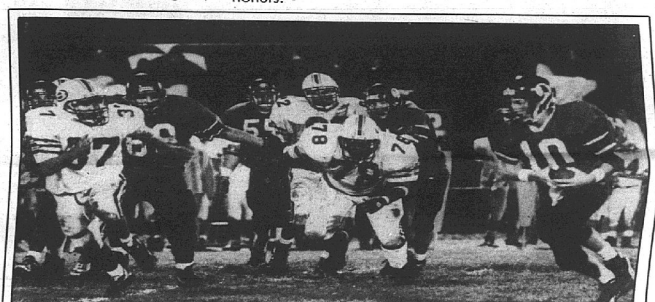
Venice is coached by Char-

lotte McDaniel, and Lovejoy by Carlos Stanford. The Devils dropped their opening regional game at Dupu to the host Cats, by scores of 15-3, 15-8. Lovejoy lost their match to Columbia, by scores of 15-11, 15-9.

Gertie Rupert is the assistant coach at Venice under McDaniel, and she said the group that stuck together played well at the regional.

"We started with about 20 girls at the beginning of the season, but by the time the year was over we had about nine. Some quit for various reasons, but we were proud of the ones who stuck with it and didn't quit."

(See SPIKERS, Page 2B)



(Staff photo by JOHN FRESSE)

**Warrior football** — GC quarterback Kevin Harris leaves the pocket under Belleville East defensive pressure. The Warriors lost the last game of the season.

## Edwardsville fights for state berth

By Brian Bretsch  
Staff writer

Edwardsville High won its first sectional soccer title in school history Saturday afternoon with a dominating 3-0 victory over Highland.

The Tigers, who defeated Granite City to advance to the sectional final, played Tuesday night against Chatham-Glenwood for the Super-Sectional title and a berth to the state championship.

"For myself I am just happy for the players," EHS coach Mark Schwarzkopf said. "More so than anybody else. I am just really ecstatic for the players. This has a lot of meaning to them. They are happy with it. Hopefully they can maintain their focus in the next game, which will be

another difficult contest." Senior Justin McFarland, who scored the Tigers' third goal off a penalty kick in the second half, likes being a part of school history.

"It definitely feels great because it is the first (soccer) sectional title Edwardsville has ever gotten," McFarland said. "To get here we had to knock off the 1 seed, Granite City, so we showed that we are the top team in the area now. We can play with anybody. We need to win one more game to get to state. It's kind of a dream come true."

Schwarzkopf said before the beginning of the post-season tournament that he thought the Tigers were playing their best soccer of the year. It is going to be hard to top their effort against the Bulldogs on Saturday.

"To get here we had to knock off the No. 1 seed, Granite City, so we showed that we are the top team in the area now."

— Justin McFarland  
Edwardsville High senior

"The Tigers completely shutout down Highland scoring threats Tim Marks and Brendan Diller throughout the contest. EHS kept Highland pinned in its own end of the field almost the entire first half and held the Bulldogs to

(See TIGERS, Page 2B)

## Gateway gets new general manager

Rodney G. Wolter was appointed General Manager of Gateway International Raceway in Fairmont City on Oct. 25.

Wolter, who will assume his new duties immediately, will be responsible for managing the daily operations of the Gateway facility. Also, he will oversee special-event promotions and the construction of Gateway's state-of-the-art, multi-purpose motorsports complex. Groundbreaking is scheduled in the spring of 1996.

Wolter previously served as Track Manager of the Nebraska Motorplex, located in Scribner, Neb. There, he was instrumental in developing the track into a nationally-recognized drag racing facility.

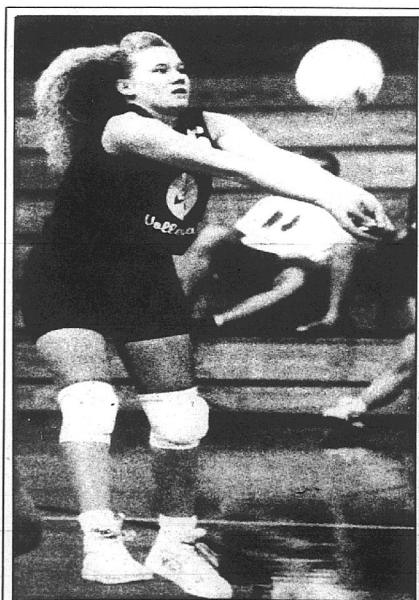
Under Wolter's eight years of leadership, the Nebraska Motorplex has enjoyed major growth in spectator attendance and participant car counts — expanding its schedule from 14 events to 40, including the nationally-televised IHRA Mid-America Nationals.

Under Wolter's direction, the Nebraska Motorplex also had the distinction of setting the record for the most competitors ever at an NHRA Winston Drag Racing Series Division 5

A strong advocate of community involvement, Wolter has served as a member of the Fremont, Scribner and Omaha chambers of commerce; the Nebraska Northeast Tourism Council, and the Dodge County Tourism Board, among others.

A strong advocate of community involvement, Wolter has served as a member of the Fremont, Scribner and Omaha chambers of commerce; the Nebraska Northeast Tourism Council, and the Dodge County Tourism Board, among others.

Wolter's extensive experience in the (See GATEWAY, Page 3B)



(Staff photo by PAM DOEPKE-HURD)

**Warrior volleyball** — Granite's Stephanie Brandt. The Lady Warriors volleyball team captured the Edwardsville regional last week, and was scheduled to play in the semifinals of the Taylorville sectional on Tuesday. Their performance will decide if they go to the sectional championship at 7 p.m. Thursday.

## SPORTS

## •Spikers

(Continued from Page 1B)  
"We had a very young and inexperienced group of players, and we saw a lot of promise in them. The future looks good for Venice volleyball."

Rupert echoed the sentiments of many coaches in the urban community when she spoke about the problems faced by the school district and the athletes when it comes to providing a good atmosphere for competition.

"We had just three seniors this year — and a lot of underclassmen. We failed to win a match this year, but our junior varsity squad did well, and the majority of them are freshmen and sophomores. We have the talent to be good, but the key is whether we can introduce them to an off-season schedule. That's not easy around these parts."

"But we may get some of them to a volleyball camp dur-

ing the summer that's held in East St. Louis. One of the drawbacks at Venice is that we don't have any summer programs for the kids to go through."

"Plus, we don't have programs at the junior high level, and combined with the camps that's how these other teams build their varsity programs. We're trying to start volleyball at the junior high level."

That's the important point here. What separates the good volleyball teams from the bad is their off-season work habits.

"If we can establish the junior high program, we won't have to teach these kids the game of volleyball from the start. They're not learning the basics anywhere else; we're basically starting from scratch when we get them, and that puts us behind other schools," Rupert said.

The teams take those experi-

enced athletes and fine tune them during summer camps, many of which can be quite expensive.

With all of these difficulties, Rupert said the urban schools have trouble getting the girls motivated to come out and stick with the program.

"It's been frustrating for us the last two years, just to get the girls to come out; and then to get them to stick with the program even though we go through tough times on the court. But we hope to open a few eyes next season. We have a good group of kids right now."

## •Soccer

(Continued from Page 1B)

All-State: Mark Robinson, Alton Marquette; Aaron Arriola, Belleville East; Justin McFarland, Edwardsville; Justin McMillan, Granite City.

All-Sectional: Jim Whisler, Alton; Matt Mader and Mark Robinson, Alton Marquette; Aaron Arriola, Belleville East; T.J. Graetz, Belleville West; Darrin Compton, Collinsville; Justin McFarland, Andy Peck and Brian Stark, Edwardsville; Steve Logan and Justin McMillan, Granite City; Brendan Dillier, Highland; Nick Carr, Mascoutah; Rudy Lawrence, O'Fallon; Chris Bingham, Triad; Dante Iannazzo, Waterloo; Mike Rogan, Waterloo Gilbault.

All-Sectional honorable mention: Aaron Emig, Althoff; Tom Medder, Alton; Mike Dettmers, Alton Marquette; Andy Brunner, Belleville East; Jon Heger and Chris Norbit, Belleville West; T.J. Thomas, Collinsville; Jeff Evans, East Alton; Mark Bugger, Edwardsville; Justin Bernack, Granite City; Tim Marks, Highland; Andrew Gaul and Cameron Kissell, Mascoutah; Scott Goss, O'Fallon; Mike Jackson, Roxana.

## •Tigers

(Continued from Page 1B)

just one shot the entire game.

"We had to respect their players," Schwarzkopf said. "The Marks kid is good. I have seen him play several games this season. He is a very lethal finisher if given the opportunity. The Dillier kid is an equally confident player."

We put our best marking back, Andy Peck, on Marks. He did a spectacular job. Nathan Huhn was the other marking back and he did a fine job as well.

"We were actually able to negate all their forward direct services and we got our sweeper at depth to mark sure if the

balls were flighted over both their front runners and our marking backs that we had enough depth back there to collect the ball and maintain possession." The Tigers had two great shots on net in the first five minutes of the game, but Highland keeper Josef Hoffmann made two outstanding saves.

Greg Aberle appeared to give EHS a 1-0 lead just 4:59 into the game, but the goal was disallowed due to a foul on an EHS player in the penalty box.

EHS wasted little in trying to break open the scoreless game. Robert Dubach gave the Tigers a 1-0 lead when he converted Matt Williams' throw-in in a goal post. Hoffmann, Williams threw the ball into the penalty box. Dubach settled the ball and scored the game winner.

Mario Malone gave the Tigers an all important two-goal with 9:31 remaining in the first half. Malone used his speed to race past a handful of Highland defenders and beat Hoffmann with a quick shot as Hoffmann came out of the net to cut down the angle on Malone.

Malone helped to set up the Tigers final goal of the game. Malone worked the ball in between two Highland defenders in the penalty box when the defenders sandwiched Malone and sent him to the ground. EHS was awarded a penalty kick and McFarland, converted at the 45:32 mark.

"The three goals obviously allowed us to relieve a lot of the pressure. The first goal did, primarily," Schwarzkopf said. "If we had an objective in the game it was to get the first goal."

## •Running

(Continued from Page 1B)

was disappointed about her showing."

Although there were some minor alterations on the course in Decatur, Done ran the same course in a sub-13-minute time last year. Still, McClain considers her one of his best runners ever.

"Despite her showing on Saturday, she still had a good sea-

son, and three good seasons at the varsity level," he said. "She ranks right up there with the top two or three I've had on the girls' side. She has nothing to be ashamed about; she's a good one."

"I know she wanted to go to state. She would have had to finish in the top 25 or so to make it. It was a tough day to run."

Although Done didn't make it to state, several metro east athletes were able to fight off the wind and advance.

A first-place finish by Belleville West's Zane Freudenburg and a third-place finish by O'Fallon's Lindsay Speer were among the highlights for Belleville area runners.

Freudenburg, a junior, won the boys race with a time of 15:25, nine seconds ahead of runner-up Matt Flachs of Quincy. West also placed fourth in the team standings to qualify for Saturday's state meet in Peoria.

Speer, a senior, placed third in the girls race with a time of 11:33 and helped the Panthers qualify for state with a fourth-place team finish. Elizabeth Kumpke of Decatur MacArthur — who placed second in the state last season — won with a time of 11:13 while Collinsville junior Katie Meyer was second in 11:28.

Belleville West had 162 team points, fifth-place Chatham Glenwood had 176. Quincy edged Mount Vernon 91-82 for the boys' championship and Salem (97) was third. Belleville East's boys placed 17th.

The West and East girls placed 12 and 14th, respectively. The O'Fallon girls, meanwhile, had 170 points to edge fifth-place Collinsville (175). Highland just missed a state berth with 179 points. As expected, O'Fallon was led by Speer, who hopes to earn all-state recognition for the fourth straight year after placing 18th last season.

Decatur won the girls championship with 77 points. Lincoln (115) was second and Springfield (135) was third.

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## •Gateway

(Continued from Page 1B)  
construction industry will serve him well in his new position. He studied engineering at the University of Nebraska and has served as layout engineer, project engineer and project superintendent on a variety of major building projects for two different Nebraska construction companies.

"With his extensive knowledge of construction project management and his experience at the Nebraska Motorplex, Rod more than fulfills our management objectives at Gateway International Raceway," said Christopher R. Pook, president of Gateway International Motorsports Corporation.

The father of seven children and a grandfather of 13, Wolter and his wife Sandy plan to relocate to the greater St. Louis area in the near future.

Located five miles from St. Louis at the intersection of Interstates 55/70 and Illinois 263, the 150-acre GIR complex includes an NEIRA-sanctioned

quarter-mile drag strip and a 2.2-mile road circuit.

The facility was purchased in November 1994 by Automotive Safety and Transportation Systems, Inc., a subsidiary of the Grand Prix Association of Long Beach, Inc., CA.

## Thanksgiving tourney still has openings

The ninth annual Tournament of Champions Thanksgiving indoor soccer tournament, scheduled for Nov. 19-22 and Nov. 24-26 at The Ball Park Sports Center in O'Fallon, still has openings. The tournament is open to

any team in a recognized outdoor recreational league. The divisions are based on grades 3-8 for both boys and girls. Each team is allowed four guest players who are not sanctioned select players in a state association.

Each team is guaranteed three games. The fee is \$130 per team.

To receive an application and further information, call tournament director Bob Emig at 344-0984 or 632-1002.

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Presented by hospital medical director, Harold Harsin, M.D., and attorney Michael Nester of the law firm of Donovan, Rose, Nester and Szewczyk, who will discuss the living will and durable power of attorney. This special program is offered by the hospital's Unity Advantage for seniors. To register call extension 1575.

■ **HEALTH SCREENING** by appointment, Wednesday, November 15, from 5 - 7 p.m. Cholesterol - \$8; Body Fat - \$10; Both for \$15. Free blood pressure checks. For an appointment call extension 1156.

To register call 234-2120 and the extension shown above.



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UNITY HEALTH NETWORK

## Suburban Journals

Interactive  
review

## Theme park geared for 'kids of all ages'

By Toby Carrig  
Staff writer

The two bubble buildings have been erected in Forest Park's Aviation Field. The ad campaign is underway. The doors open today for SportsLab. But still, people want to know:

**What is the attraction?**  
SportsLab makes its world debut today in St. Louis, kicking off a nationwide tour of one-month stops in selected cities. Thus, St. Louisans will be the very first audience for the participatory interactive sports theme park.

**SportsLab specifics**  
What: The world's first interactive sports theme park.  
Where: Aviation Field in Forest Park (exit at Kingshighway).  
When: Nov. 1-26, 10 a.m. to 10 p.m. Tuesday through Sunday. Closed for Thanksgiving.  
How much: Admission is \$17.50 for adults, \$12 for ages 6 to 12, \$5 for children 3 to 5 and \$12 for seniors 55 and older.  
Information: Call 1-800-688-7188 for guest services information.

Using a little bit of state-of-the-art technology and some old-fashioned wide-open spaces, SportsLab offers simulators and exhibits for a variety of sports. Participants can try everything from kicking a field goal to climbing a rock wall to having their golf swing analyzed to taking some cuts against Randy Johnson.

"We say it's for kids of all ages," says Michael Cookson, the president of SportsLab.

SportsLab "I think sports transcends age groups. Some of the exhibits will be popular for kids 6-13 and some of the extreme sports — rock climbing, bobsledding, hang gliding — appeal to the adults."

Cookson said the idea was inspired by a hall in the Ontario Science Museum in Toronto, which features exhibits on the science of sport.

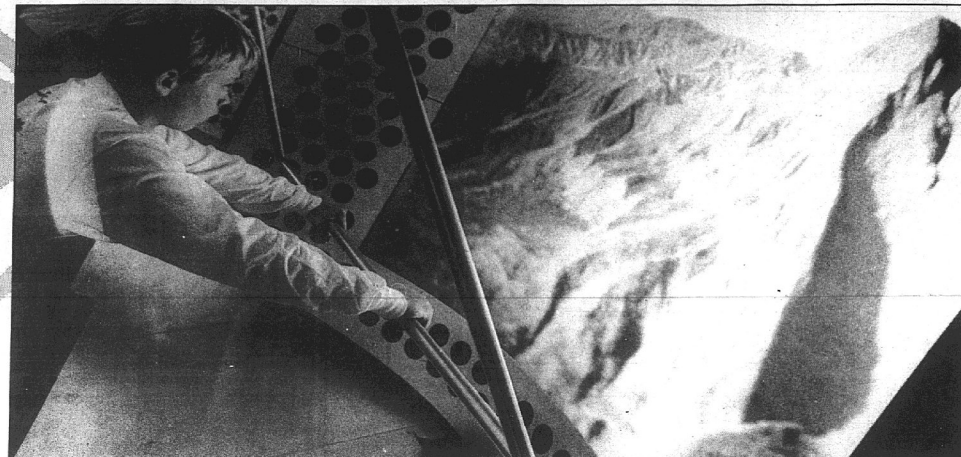
"It's a museum, but people like it," Cookson said. "We wanted to make something bigger and more fun."

SportsLab is big. The two bubble buildings — supported by air pressure and able to withstand the harshest winter weather — have more than 100,000 square feet of floor space and are tall enough to house an NFL field goal post and a 40-foot high rock wall.

And when kids and adults have made their way through the SportsLab, Cookson would like them to be more aware of some aspect of athletics.

"We want them to walk out and have an 'aha,'" Cookson said. "We want them to say that they learned a tip about a sport or a fun fact about sports nutrition. We want to get people to go out and play a sport."

"It's meant to be entertaining but was also trying to teach kids stuff. We call it sneaky learning because it makes kids want to learn cool stuff."



Rick Graefe photo

Jeremy Rother, 13, of St. Charles, tries out the hang gliding simulator at SportsLab during Sunday's sneak preview session. SportsLab makes its world debut today in St. Louis and will be in town until Nov. 26.

With that in mind, SportsLab developed a lesson plan covering math and science, language arts and health and nutrition. It will host field trips every weekday morning during its run (Nov. 1-26) and Cookson expects 25,000 children to participate in that program at a discounted admission.

"That's important to us," Cookson said. Especially to Cookson. His last project before SportsLab was Aviva Sport Inc., a company which developed sporting goods for children to help them learn skills.

"We were the largest supplier of sporting

goods to ages 3-8," Cookson said. "We were selling 2 million baseball bats while Louisville Slugger sells 1 million. We were selling 450,000 tennis rackets, which is more than all other companies combined. I've been very involved with kids sports."

For those who aren't in school anymore, SportsLab's staff includes coaches and the facility will host clinics in a variety of sports.

"Our philosophy," Cookson said, "is for people to have fun and to want to play more and be active."

SportsLab opens today and will be open 10 a.m.-10 p.m. Tuesday through Sunday until Nov. 26. It will be closed for Thanksgiving. Admission is \$17.50 for adults, \$12 for ages 6 to

12, \$5 for children 3 to 5 and \$12 for seniors 55 and older. For the price of admission, guests can have free roam of the activities in both buildings. The facility has a food tent, restrooms, first aid and is handicap accessible.

Tickets are available at the SportsLab box office or from Tickets Now outlets, or by phone, (816) 241-3888.

Parking is available in the upper Muny lot in Forest Park with a shuttle bus running to SportsLab. For information, call 1-800-688-7188.

Since sporting involvement can range to sitting in a bobsled simulator to hitting golf balls to running a 10-meter sprint, guests are encouraged to wear comfortable clothes and athletic shoes.

Preview day  
attracts 2,000  
to SportsLabBy Toby Carrig  
Staff writer

SportsLab hosted more than 1,800 people — including more than 500 winners of tickets from the Suburban Journals — Sunday in a sneak preview.

SportsLab, the world's first participatory sports theme park, opens today at Aviation Field in Forest Park. The facility, which houses exhibits on a variety of sports in more than 100,000 square feet of floor space, will stay in St. Louis until Nov. 26 before moving on to Texas.

Sunday's crowd put the facility to the test and came away with positive reviews.

"This is a neat deal," said Terry Clark, who was taking in the SportsLab experience with his son Stephen. "There was a lot of neat stuff about it."

"...especially rock-climbing," added Stephen.

The rock-climbing wall was one of the more popular exhibits Sunday along with the bobsled simulator, the batting cage, hang gliding and field goal kicking. But SportsLab offered a number of other activities to keep participants active.

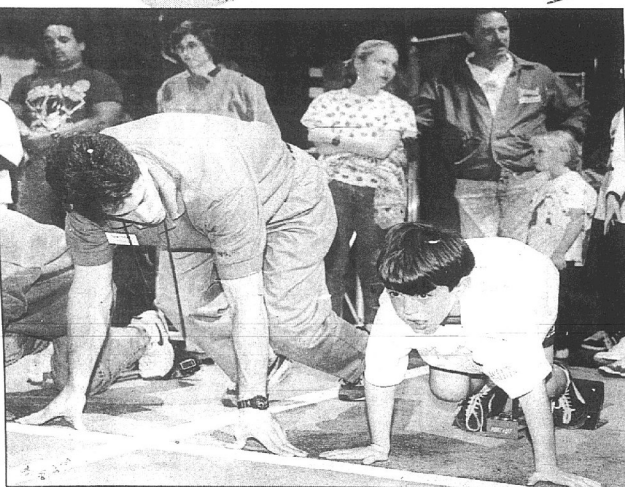
"This is pretty cool," said Randy Meyer of St. Louis County, who attended with sons Logan (9) and Ryan (6). All agreed that the bobsled was a highlight along with the balance beam.

"The computer stuff is really a hit with kids," Meyer said.

"I had a great time," said 10-year-old Ashley Sewell, who attended SportsLab with friend Julie Hubert and mom Pat Sewell.

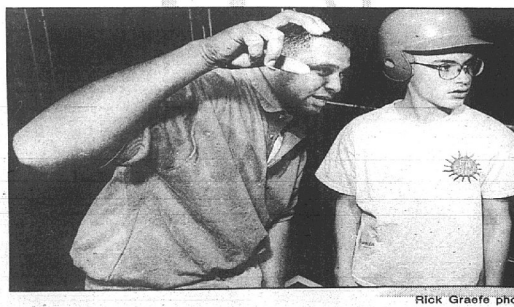
"They loved the bobsled," said Pat Sewell. "It's something you don't get the opportunity to do everyday."

St. Louisans will get the opportunity to take part in SportsLab 10 a.m. to 10 p.m. Tuesday through Sunday during its run in St. Louis.



Mary Butkus photo

ABOVE: Brian Carpenter (left) of Webster Groves gives track instruction to Matt Stein, 9, of Chesterfield at SportsLab. RICHT: Instructor Brent Miller works with 13-year-old Ryan Chappell of Spanish Lake in the batting cage.



Rick Graefe photo

SportsLab will honor  
top female athletes,  
offer sports clinics

Sundays will be Women in Sports Days at SportsLab.

In addition to honoring a number of female athletes from St. Louis area high schools, SportsLab organizers also have invited several high school pom squad leaders to perform.

Each Sunday, local women who are sports standouts will give a talk to the assembled fans. The schedule includes:

• Nov. 5 — Terri Clemens, women's volleyball coach at defending NCAA Division III national champion Washington University.

• Nov. 12 — Karen Kokesh, a member of U.S. national summer biathlon team, and Patty Clarke, an Olympic speed skater.

• Nov. 19 — Ellen Port, one of the St. Louis area's top female amateur golfers and current champion of the U.S. Women's Mid-Amateur.

• Nov. 26 — Petra Jackson, basketball player for the St. Louis River Queens.

All of the talks begin at 2 p.m. in the Coaches Clinic area of SportsLab.

Among other special events at SportsLab:

• A paralympics program is scheduled for 1 p.m. each Sunday.

• The high school spirit exhibitions will be 6 p.m. each Sunday.

• Try-athlons with the St. Louis Ambush soccer team are scheduled for 3 p.m. each Tuesday.

• Benefits to assist charities are set for 6 p.m. each Tuesday.

Head First Charity Night is Nov. 7, with Rams quarterback Chris Miller and Cardinals catcher Tom Pagnozzi; Dreams For Youth Charity Night is Nov. 14 with St. Louis Rams lineman Sean Gilbert; and St. Louis Senior Olympics Charity Night is Nov. 21 with Jackie Smith.

• Try-athlons with the St. Louis Cardinals will be Wednesdays beginning Nov. 8 with an appearance by Grant Fuhr.

• Try-athlons with the St. Louis Cardinals will be Thursdays, featuring an appearance by Fredbird on Nov. 9.

• USA Coaches Clinics will be 7:30 p.m. Thursday nights with Jim Hart on Nov. 2, Whitey Herzog on Nov. 9 and Charlie Sponhour on Nov. 16.

• The St. Louis RiverQueens women's basketball team will conduct Try-athlons 3 p.m. each Friday.

• Competition on Friday nights will take place in soccer and basketball (3-on-3 tournaments begin 8 p.m. each Friday) and in the EA Sports games (6 p.m. each Friday).

• Saturday clinics will feature taekwondo and judo (11 a.m.); basketball (12 noon); sports photography (1 p.m.); and volleyball (2 p.m.).

• Soccer with the St. Louis Knights is set for 7 p.m. each Saturday.

• Magna Fitness Centers will conduct Get Fit clinics 4 p.m. each Saturday.

Journal sportswriters attended Sunday's sneak preview of SportsLab and tried out many of the exhibits. Their stories, and photos of Sunday's sneak preview, appear on the following two pages.



## SportsLab

# Hang gliding simulator circumvents laws of gravity

By Dennis Barnidge  
Staff writer

The upside to hang gliding is that you get to commune in rather spectacular fashion with the outdoors. Ahh, nature!

The downside to hang gliding, in case you're wondering, is that if you're not careful, you can be commuting vertically with the outdoors at vertebrae-mangling speeds.

Darn, gravity!

There is only one slight brush with Isaac Newton's plaything during a three-minute swoop through Sports-

Lab's vertebrae-friendly interactive hang gliding exhibit. Only one brush, but it's a dandy.

Facing a wrap-around projection screen, participants lean slightly forward against a cushioned stand and take hold of a guide bar. The screen flickers and there on the screen is a sky jockey swooping along. Good for him. Now, what about us?

We don't have to wait long. The footpad you're standing on has a life of its own. In a blink, your heels head for your knees. Tower to limbs: Grab something — anything — this baby's taking off.

"That's the feeling when you first take off. You just lose it," says Kirk Williams, a former hang glider who decided to get out of the sky-sailing business while the gettin' was good and the confusions minor.

Williams now is tinkering with wind surfing — three cheers for forgiving landing surfaces — but didn't want to pass on SportsLab's hang gliding exhibit. Not that son Ryan, 7, or daughter Dana, 10, were going to let him or mom, Diane, pass on anything. Hang gliding fit in nicely just after Ryan and Dana tip-toed across Acme City on the virtual balance

beam and just before the two stared down Cecil Fielder — Ryan whiffed the virtually corpulent slugger with a heater, while Dana blithely pitched around him (what's he gonna do, steal second?) — at the baseball pitching exhibit.

Hang gliding got good reviews from the Williamses. "Pretty cool," ruled Dana.

Ryan didn't home in on cool. He had more pressing concerns ... like hanging onto the guide bar. The message from projection screen to brain was simple: Get a grip, you're going to need it.

"I lost my handle," he said. "I might have fallen."

Ryan Williams wasn't the only one who obsessed about that guide bar. Erica Lawson, 10, wasn't about to go with the limp grip either, not when the projection screen in front of her showed that she was clipping along a couple hundred feet above the trees and beaches on the Maui coastline. She knew her feet still were on the foot pad. She knew the pretty-as-a-picture coastline flying by in front of her was just a projection, too. Sure, she knew those things, but, hey, why take chances?

## Bobsled ride is dizzying

By Toby Carri  
Staff writer

Part of the SportsLab experience is trying something new. For most of us, careening down the side of a mountain in a bobsled is something we will never do. And while it is not possible for SportsLab to carry around an entire mountain, it has a bobsled simulator.

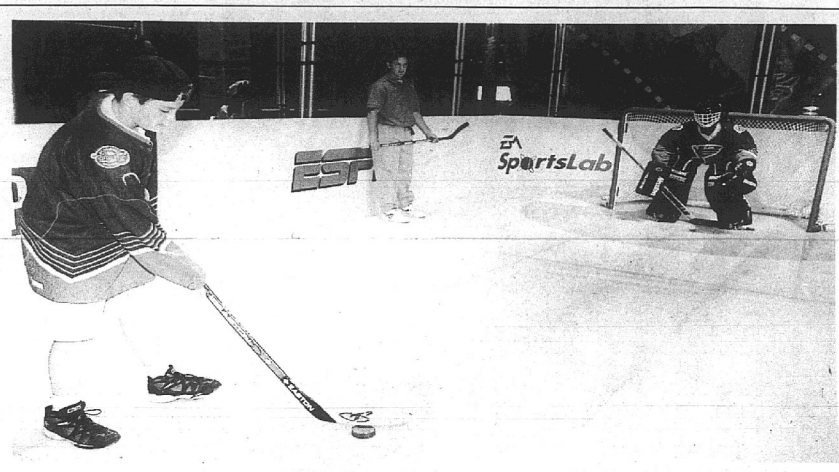
This opportunity was near and dear to my heart, growing up in upstate New York, where a snowstorm would send us scurrying for our toboggans and a chance to make like the Swiss bobsled team all afternoon on the neighbor's hill.

The nice thing about the SportsLab bobsled simulator is that you don't have to spend a few hours thawing out. But you may have to spend a few seconds getting your bearings back in line once you walk out the door.

SportsLab guests might recognize the bobsled simulator as one of those little shuttles that seem to be simulating how to shake up a bottle of Yoo-hoo before opening. The shuttle holds about 15 but the four front-row seats are probably the prime spots.

While leg strength and low body fat are crucial for Olympic athletes to compete in the bobsled, SportsLab participants need only the ability to hang on and be tossed from side to side. The simulation attempts to recreate speeds of 75 miles per hour — enough to create a thrill without making you bolt for Johnny-on-the-Spot when it's done.

Expect to wait a while in line for the bobsled simulator, which appears to be one of the more popular attractions at SportsLab. And rightfully so. Considering that sense-around-theatre experiences can run you a few dollars in any setting, it is one way to get some bang for your buck at SportsLab.



Justin Koppeis, 12, of Columbia, Ill., takes a shot on goal against the mannequin goalkeeper at SportsLab.

## Scoring not so easy even against a stiff

By Scott Fitzgerald  
Staff writer

One would think the size of a hockey goal — four feet high and six feet wide — provides more than enough area for a smallish disc of hard rubber.

Sounds pretty simple, eh?

But stick in front a life-size dummy in full goaltending gear, slip a Blues jersey on his body and add a crowd of interested observers, and suddenly that space doesn't look nearly as big.

That was the scene Sunday for the hockey exhibit at SportsLab, the world's first participatory sports theme park. Participants get four whacks at putting a puck in the net, which turns on a red light above the goal similar to that in the NHL. A radar gun also measures the speed of the shot.

A good number of fathers and sons, as well as mothers and daughters, took their best shots. Blues fan Mike Derkos of House Springs, who shot along with sons,

Stephen, 8, and Thomas, 6, said he and his kids enjoyed every minute of SportsLab.

"I thought it was pretty neat," he said. "The kids went through just about every sport."

Stephen, whose favorite player Curtis Joseph wasn't resigned by the Blues this season, slipped one of four shots past the make-believe netminder.

Valerie Garza, 9, of St. Peters, wasn't as fortunate. Though she didn't score on her four attempts, she still had a blast trying.

"It looked like you were shooting at a real goalie," she said.

Mike Clemens of south St. Louis took his swings along with his son, Tim, one of 250 youngsters who won free tickets through a contest sponsored by the *Suburban Journals*. Clemens, one of many fans unhappy with the Blues recent trades, was candid about who he wanted guarding the net.

"How about letting me shoot with (Mike) Keenan in there?" he asked.

When my turn finally came, I tightly gripped my left-handed stick, took a huge backswing and followed through with all the force my 35-year-old body could muster. I strived for an Al MacInnis-type slap shot; what I got was more like an Al Bledsoe one.

But I did manage to score on one of three test shots, which left me an average of .250 — good enough to hit eighth for the Cardinals.

In a second hockey exhibit which was not ready for Sunday's preview, participants get to step into goal and try to stop Eric Lindros from scoring. To prevent any injury to major organs, the puck is actually a beam of light.

If that exhibit is more lifelike than the first — and all indications are that it will be — SportsLab hockey should surpass all its goals.

## Analyzer critiques golf swing

By Dan Barger  
Staff writer

My X-factor is too low. And because of it, I'll never be able to launch monster golf shots like John Dory.

That was the conclusion Sunday after being strapped to the Swing Motion Trainer at the SportsLab golf exhibit.

In a 15-minute session with Mike Hersom, a SportsLab golf instructor, I learned that PGA Tour golf professionals are a lot more limber than me. The extra shoulder and hip turn in their backswings were the main difference between a good amateur player and let's say, Greg Norman, Hersom said.

The Swing Motion Trainer consists of a gyroscope attached to the SportsLab golfer's back. Cameras record the motion of hips and shoulders, and time all parts of the swing. A computer printout lists a number of variables and the SportsLab participant can compare it to the values of the average PGA Tour player. The golf swings of more than 200 PGA Tour players were analyzed to develop a list of optimum golf swing parameters. The trainer was developed by SportsSense, Inc.

The golf swing analysis exhibit at SportsLab takes about 15 minutes. In order to participate, the golfer must sign up early and reserve a "tee time."

visual, and equally as computer-driven, SportsLab golf exhibit is Virtual Golf. Players on Sunday took aim at the 107-yard, par-3 No. 7 hole at Pebble Beach GC. Following each shot, the computerized virtual reality exhibit indicated the length of each shot (in yards), the number of yards of roll, whether the clubface was square to the ball, and showed a visual representation of the ball's flight, complete with the splash that resulted from errant shots into the virtual Pacific Ocean.

## Pitching staff loaded with stars

By Jimmy Fessler  
Staff writer

Fresh off his World Series Most Valuable Player performance, Atlanta Braves starting pitcher Tom Glavine limbered up his arm and threw close to a 1,000 pitches to hitting hungry fans Sunday in St. Louis.

OK, maybe Glavine was still resting comfortably in Atlanta, but local fans still had a chance to hit the former Cy Young Award winner thanks to a virtual reality screen produced by a company in Atlanta.

The batting cage room is part of a two-booth baseball exhibit at the SportsLab Complex at Aviation Field in Forest Park. A larger-than-life video screen offers participants the opportunity to hit against 40 different pitchers. The variety of pitchers ranges from Glavine, Seattle's Randy Johnson, New York's John Wetteland and Kansas City's Kevin Appier to Montreal's mascot and a 12-year-old kid.

The pitchers' video-taped images are shown on a huge video screen with various holes cut out of the cloth. As the pitchers followed through and their hand crossed the opening, a pitching machine shot a ball towards the plate, perfectly simulating a pitching delivery.

The pitching machine remained on 35 miles per hour for most of the day, a far cry from what Glavine normally throws, but still allowed fans the opportunity to face a reasonable facsimile.

"It's real. It comes right out of his hand," said Rich Gardner of Ballwin after taking five cuts at Glavine. "I'd stand there and swing all day if I could."

Brent Miller, who played baseball at Bloomsburg University in Pennsylvania, was specifically chosen to be one of the main monitors at the hitting exhibit.

"We're here to teach the kids about the different sports," Miller said. "This will be one of the most popular spots. It's so real, so virtuous."

Miller was working at a marketing firm associated with SportsLab before joining the traveling sports theme park, which is making its world debut this month in St. Louis.

The second half of the baseball display allows fans to pitch Detroit Tigers slugger Cecil Fielder. Pitches are clocked by a radar gun and quickly displayed while a video image of Fielder and catcher mimic the response to each fan's pitch.

Balls and strikes are posted and Fielder can walk, strike out or, as one 7-year-old girl found out, take your pitch over the left field wall. Sometimes these decisions seem haphazard as Fielder decked one pitch which bounced to the plate. However, fans big and small made it clear which part of the baseball exhibit they enjoyed most.

"(The pitching half) was OK," said Mark Golden, 9, from South County. "I'm definitely heading back to the hitting cage."

## SportsLab will address long lines, kinks

By Dan Barger  
Staff writer

SportsLab received its first true test Sunday, sort of a spring training for the facility. And, despite a few kinks that need to be straightened out, officials say it'll be ready for the big opening.

SportsLab is an interactive sports facility that supplements a variety of virtual reality exhibits with live coaching clinics.

At a large preview on Sunday, it was clear that a little

tweaking would be necessary before SportsLab was ready for the masses.

"We're always going to have some lines," said Michael Cookson, president of SportsLab. "But we're learning to handle them better. Once we open, there will be more things to do and more things to watch while in line."

For example, the rock-climbing exhibit was very popular during Sunday's SportsLab preview. The lines were long as just as many adults as children wanted to get into the

act.

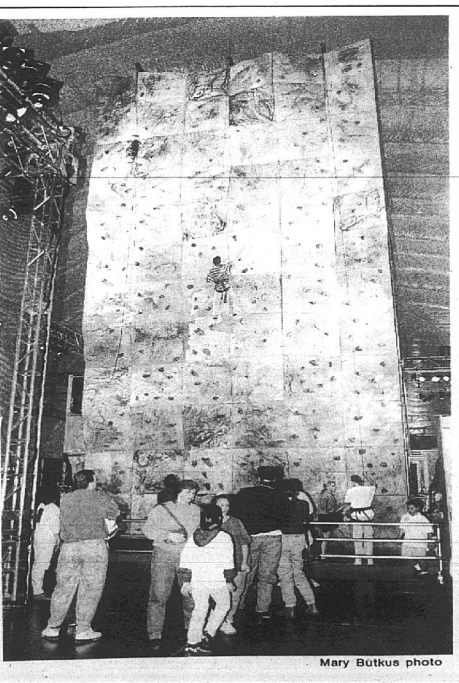
"We knew the kids would love it," Cookson said. "But it's more popular than we thought."

As a result, Cookson said additional harnesses would be used to help the lines move faster. Those at the front of the line now will be strapped into a harness while they wait to make the changeover quicker, he said.

Another change entails moving the Skills Session video monitors closer to the people who are standing in line.

## Up the wall

An attention-grabber at SportsLab is the rock-climbing wall, which soars 40-feet toward the ceiling. The feature also proved to be popular among all ages Sunday.



Mary Butkus photo



Taking a cruise on a mountain bike simulator are (from left): Jeff Endraske, 10, of Bellefontaine Neighbors; his sister Julie, 8; and Brian Guntli, 10, of Mehlville.

Mary Butkus photo

## Getting their kicks

Grid exhibit shows difficulty of FGs

By Tony Panozzo  
Staff writer

Just for Kicks, James Denton decided to visit the SportsLab football exhibit and boot a field goal after giving bobsledding a head-spinning try in what added up to a sports fan's paradise Sunday at Forest Park.

Denton, 8, of Maryville, Ill., took two kicks at a regulation-sized set of goal posts while his father, John, snapped pictures near the front of a line of people winding around the SportsLab's condensed football field. As other participants watched and cheered him on, Denton lined up and sent a kick just wide and off the upright on his second attempt.

Denton's try at placekicking in an NFL-style setting was just one of hundreds on the day at one of the most popular and entertaining events in the entire SportsLab complex.

The football station offered participants a shot at making kicks ranging in distance from extra points to field goals. It also featured a wide-screen video terminal and the chance to play the recently released John Madden Football '96.

"He wanted to try this one right away," John Denton said of his son's attraction to SportsLab football. "We love sports. We were really looking forward to this and we haven't been disappointed. It's been great."

"I'm not sure who's had more fun," Denton added, while putting away his camera.



Rick Graefe photo

Max Fine, 10, of Chesterfield takes a kick at the regulation field goal posts in SportsLab.

era. "We had orders from Mom to get whatever she missed."

James enjoyed the sound of his kick clanging off the upright just after he had experienced a thrilling bobsled ride. He could be forgiven for letting the ride effect his kicking game. "It shook you around," he said.

Participants visiting the SportsLab football exhibit this month will get to take kicks on an artificial surface with yard markings up to 20 yards out — as well as run passing routes and receive other instruction. Each kick is lined up by a SportsLab coach, who stands to the side as participants boot away.

"The kids love it," said

Gordon Barnard, a SportsLab coach working at a booth offering miniature footballs and other assorted items. "This is the first time it's all been assembled."

In many cases, entire families visited the exhibit, and fathers joined their sons in waiting to take their turns on the field. Ten-year-old Andrew Cella of New Melle, Mo., gave his father Tom a tough act to follow after connecting on a high, booming left-footed kick from 15 yards away.

Tom Cella, the former head football coach at Howell North High School, nailed a kick from the same distance on his turn.

"I had to make it, especially after (Andrew) did," Tom said. "He wasn't going to show me up."

For kids like Andrew, one of more than 250 won tickets from the *Suburban Journals* to Sunday's sneak preview session, SportsLab offered a glimpse at NFL stardom as well as interactive experiences in other sports.

"He's been around football a lot," said Tom Cella, who coached the varsity football team at Howell North for seven years. "When I first heard about this, I thought, 'This is really neat.' The whole thing is awesome."

## Mountain biking no ride in park

By Mike Elder  
Staff writer

It had been longer than I could remember since I had been on a bike, so I was a little apprehensive about my assignment — riding a mountain bike — at SportsLab over the weekend.

Of course, it had been awhile since I had gone swimming when I jumped in a pool this past summer and I didn't go straight to the bottom. So I had that going for me.

But I soon learned that hurling oneself down a mountain is not quite the same as coasting down a flat sidewalk. And so it took me awhile to get used to the mountain biking exhibit at SportsLab, which gave me a pretty good feel for what this sport is all about.

With a virtual reality screen flashing, riders get the perspective of careening down a huge snaking path on a forest-like hill and a mechanism below bounces the bike up and down and to and fro. I started peddling. But I soon realized that something I desperately needed was missing on my bike: brakes.

However, the children half my age on the two-wheelers

next to mine were enjoying themselves immensely so I ignored that small oversight even though I was seemingly out of control and getting the same feeling that I got when I road "Batman" at Six Flags a few months ago.

"Like many people, I hate to lose so I didn't like it when a couple of other riders passed me on the screen. But I zipped past them later in the ride, making me feel like Al Unser."

By the time the ride was over, I could actually say that I had enjoyed myself and felt inspired to try this gig on a real bike and a real mountain sometime.

Mona Hebert of Florissant felt the same way. She came off her bike with wobbly legs but said she enjoyed the experience.

"It was a lot more workout than I thought it was going to be," she said. "My legs are tired."

"Like no matter how hard you were fighting against it," Hebert said, "it was still throwing you back and forth just the way it would normally on a real bike if you were bumping down back roads like that."

## Balancing act

Fortunately, floating beam only a few inches off ground

By Dave Benson  
Staff writer

Imagine feeling like the Bruce Willis character in one of those "Die Hard" movies, walking across a metal beam that is up in the air above the city streets.

Or like Wile E. Coyote, walking out onto a board hanging over a desert road in one of his ill-fated attempts to catch the Road Runner.

Or like a circus acrobat, tip-toeing across the high wire without a safety net on the ground.

That's how participants are supposed to feel when walking the balance beam at SportsLab.

In the gymnastics exhibition, participants walk across a four-inch balance beam that is just a few feet inches the ground — but it doesn't feel like just a few inches. Graphics are projected onto the ground, designed to give the illusion of walking on a beam suspended between sky scrapers.

When the person begins walking, the beam seems to be firmly on the ground, but as he or she proceeds forward, it appears to rise as if on an elevator. The beam keeps "rising" until it is thousands of feet above the city while helicopters and airplanes fly underneath.

The person then walks backward across the beam as it is "lowered" to the ground.

Simply walking across a balance beam isn't necessarily difficult. Walking across the beam while one's attention is diverted by the images projected on the ground makes it a little tougher.

"It was (distracting)," said Julie Wilson, 9, of Bridgeton. "It made it harder to walk across because it made me look down at the (images) on the ground instead of looking at where I was putting my



Rick Graefe photo

Stephen Kaatmann, 12, of St. Charles, tries to cross the balance beam while a projection of a city looms below.

feet." "Walking backwards was the toughest part," said Ann Wilson, Julie's mother. "You have to really pay attention to where you're putting your feet on the beam, but all of the stuff on the ground makes you lose your concentration."

I gave the balance beam a try, thinking I wouldn't have any trouble. It's a good thing the beam is just a few inches in the air. Had it been as high as it appeared to be, I would have taken a nice, long fall.

## More than meets the eye at track

By Andy Clendennen  
Staff writer

Have you ever wondered what it was like to stand on the starting blocks of a 100-meter sprint?

Well, neither have I really. I always figured why bother to run when I can get there just as easily by walking? It's more relaxing and you don't sweat as much.

But what I learned at the track and field exhibit at SportsLab is that much more goes into running and — specifically — starting a sprint.

Fundamentals, as with any sport, are key but especially so with little kids who may be running for the first time.

"You have to work with kids on sprints, and especially mechanics," said Brian Carpenter, an instructor for SportsLab at the track and field exhibit. "Sprinting is all mechanics and form. As they get older and find that sprinting isn't for them, at least they will have the fundamentals."

Carpenter should know all about fundamentals, as he was an all-state runner in high school in Indiana, and also ran the 400- and 800-meters for four years at Purdue University.

The exhibit at SportsLab features four lanes, allowing four people to run 100 meters. The distance corresponds to the acceleration distance for most runners, and everyone participating is

timed over the distance.

But the emphasis is placed on the all-important start of the race, both physically and mentally.

"I want to give them an idea of how the athletes do it when they get the (starting) blocks and what it means to use them," Carpenter said. "I also want them to know what their goal is."

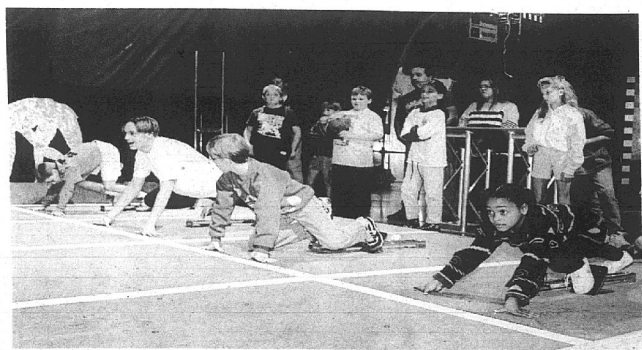
"Competition is not necessarily to look at the next person in front of you. That's not going to win it. But if you have a goal to get past that line as quickly as possible, that's better."

Other interactive displays in the track and field area include two racing-modified wheelchairs with speedometers, and a treadmill for walking.

One non-interactive display shows the pole vault, complete with a model vaulter as he has just cleared the bar. The distance is set at 16 feet, a good distance shorter (due to roof constraints) than the originally-planned world record height of 20 feet, 3 1/4 inches.

The main attraction, though, is definitely the track.

"I know in America, track is not necessarily a big sport," Carpenter said. "I want kids to understand that we have incredible talent and the capability to really work with kids in track. It should be fun for them. Kids love to run anyway."



The 10-meter track teaches participants the importance concentration at the start of a track event. Above, participants in Sunday's SportsLab preview get ready to start.

Mary Butkus photo



## Odd Fellows, Rebekahs offer scholarships

Noble Grand Roy Mendenhall and Irene Wilkinson of Six Mile Odd Fellows Lodge and Juanita Rebekah Lodge wish to announce that the Illinois Odd Fellows and Rebekahs, one of the world's oldest fraternal organizations, has funds available for several scholarship awards during the 1996-97 school year for students who are residents of Illinois and

United States citizens.

Scholarships will be awarded on the basis of financial need and scholarship ability for students who will be attending an accredited college or trade school. Students must have an average of "C" or above.

Send a post card with correct return address to: Robert A. Wick, Grand Sec-

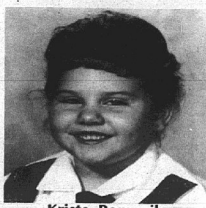
retary, Grand Lodge of Illinois Independent Order of Odd Fellows, P.O. Box 248, Lincoln, Ill., 62550-0248.

Requests for applications must be received no by Dec. 1, 1995. All applications will be mailed to students by Jan. 1, 1996. Applications must be fully completed and received in the grand lodge office before March 1, 1996.

### K. Romanik is Lake student of the week

Krista Romanik, a student in Charlotte Westerhold's second grade class at Lake Elementary School in Granite City, was selected "Student of the Week" recently.

She was nominated for this award by completing all her assignments on time and doing very well in reading, as well as accepting responsibilities, helping other students in her class and often volunteering to help clean the classroom.



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**Enter and Win Today!** Two lucky families will experience the excitement that only the Radio City Music Hall Christmas Spectacular can deliver.

Entry deadline November 8, 1995.

1. Read "Fascinating Facts about the World's Biggest Christmas Show" article and answer the trivia question below.

2. Mail entries by Nov. 8 to: Suburban Journal Christmas Spectacular Contest  
1714 Deer Tracks Trail / St. Louis, MO 63131.

3. Winner will be selected through a random drawing from all contest entries received.

**Trivia Question:** Name the only city - in addition to New York - where you can see the Radio City Music Hall Christmas Spectacular.

**Trivia Answer:**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
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**Rules & Regulations:** No purchase is necessary. Winners will be drawn randomly. Open to residents of the United States who are at least 18 years of age. Employees of the 5 suburban journals, their families, and immediate family are ineligible. Only one entry per person. Winners will be contacted by phone or mail one day after drawing. Contest ends Wednesday, Nov. 8, 1995. Winners must claim their prize at least one week from notification. Prizes are not transferable for sale, use, or substitution. Prizes are from playing entries in any advertisement copy form, or the rules.

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## Knights Auxiliary holding auction

The regular monthly meeting of the Knights of Columbus Council 1088 Ladies Auxiliary was held Oct. 17 with 21 members present. President Cleo Schnefke officiated.

Plans were finalized for the 11th annual craft show, to be held Nov. 5 at the Knights of Columbus hall. Theresa Straubinger, chairperson, reported that all is going well. Advertisement has been placed.

There will be a wide variety of items for sale at the show. All are handmade crafts and include floral arrangements, wreaths, wood items, sweat shirts, porcelain dolls, Christmas ornaments, create-a-book, quilts, plastic canvas, Victorian items, magic pillows and handmade jewelry, among other items.



Shown are, from left, craft show chairman Theresa Straubinger, president Cleo Schnefke and treasurer Dixie Boyer displaying some of the items the Knights of Columbus Ladies Auxiliary will sell at the craft show on Nov. 5.

## Nameki Township

4250 HIGHWAY 162 • GRANITE CITY, IL 62040  
Telephone (618) 931-1230

Dear Township Resident,

On the November election ballot you will find an advisory question regarding trash collection in the unincorporated area of Nameki Township. We would like to take this opportunity to explain this question.

The Township is asking for your permission to contract, through competitive bid, with one trash hauler for the collection of all residential household trash. The hauler would bill the homeowner for the service as is the present arrangement.

Why ask for your opinion on trash hauling at this time?

A law passed in 1988 required that recycling programs be initiated in the State of Illinois. Madison County, in its efforts to comply with the State law, adopted the "Residential Recycling Ordinance", which is designed to meet the State mandate of recycling 25% of our waste stream.

This ordinance requires that all residents of Madison County recycle. If you allow the Township to contract for trash, recycling will be a part of the contract. If the Township does not contract for trash and recycling, then you will have to either contract with a private hauler for trash pick-up & recycling or drive to a recycling drop-off center to dispose of your recyclables.

There are many advantages to this type of contract. First, it will likely result in lower costs to homeowners. When a homeowner contracts for trash collection on their own, it is usually more expensive than what is charged under a one hauler competitive bid service. Second, contracting with one hauler for the entire unincorporated area of Nameki Township would result in less truck traffic on our Township roads. This means less wear and tear from these heavy vehicles and less tax dollars for road repairs.

If you have any questions regarding this advisory question you can call the Nameki Township office at 931-1230 or the Madison County Solid Waste Recycling Program at 692-6200.

## St. Mary's plans Snowman's Ball

Kathy Dohnal covers the Madison-Venice scene for the Press-Record/Journal. Articles can be sent to 2108 Lynch or she can be contacted at 787-3077.



Kathy Dohnal

**Recipe swap**  
The following is a recipe submitted by Julius Czerniow for the recipe swap.

### Quick Polish Cabbage Rolls

1 small head of cabbage  
1/2 cup chopped onions  
1 pound ground beef  
1/2 cup minute rice  
1/2 teaspoon garlic salt  
1/2 teaspoon black pepper  
1 1/4 cups tomato soup  
1 1/2 cups water

Grease a 13-by-9-by-2-inch glass baking dish. Chop cabbage into medium pieces. Place cabbage evenly into baking dish. Brown onions and beef in skillet, breaking up the meat as it cooks. Stir in rice, garlic salt and pepper. Spread mixture over the chopped cabbage. In sauce pan, heat

tomato soup and water to boiling. Pour over all ingredients. Cover tightly with aluminum foil. Bake at 325 degrees for about 65 minutes.

**Polish Half Dancers**  
The Polish Half Dancers have a limited amount of the "120 Years of Good Cooking" cookbooks available. They are available by calling Reggie Forsys at 876-0238. The cost is \$6 per book. Proceeds go to the dance group.

**St. Mary's Youth**  
The St. Mary's Youth Group spent the day at Our Lady of the Snows Shrine in Belleville on Oct. 21.

After lunch at the Shrine Restaurant the group was given a guided tour, which included a nature walk, train ride and a film on "The Journey". The day ended with Mass in the Shrine Church.

Attending were: Cindy Dairis and son, Frank; Paula Balley and children, Brittany and Philip; Joe and Lisa Karius and son, Frank; Norman and Mary Marler and children, Stacie and Erin; Tom and Kathy Tinervia and son, Adam; and Janet Werner and son, Matthew.

**St. Mary's Activities**  
St. Mary's Activities Committee met Oct. 19 at the rectory. Those in attendance were Norman Marler, Cathy Cullen, Tom Gordon, Dolores Brunick, Goldie Rozyczko, Janet Werner, Cecil Kowalczyk, Sister Bernadette, Norma Lesko, Agnes Gulash and Rosalie Stern.

Discussion and final plans were made on the Snowman's Ball, to be held Saturday, Dec. 2, at Engelbert Hall. Dinner will be served at 8:30 p.m., catered by Ravanelli's. Music will start at 8 p.m. with the Dave Hylla Band. Price of a ticket is \$15.00 per person, which includes dinner, dancing, beer, set-ups, attendance prizes and soda. For tickets and table reservations, call Tom Gordon at 451-1691.

A report on the pancake and sausage breakfast was given by Gordon, who thanked everyone who helped.

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## Horoscope

**Wednesday, Nov. 1**  
**ARIES** (March 21-April 19). Your initiative inspires others to act. People realize you're the catalyst and the steam that allows the machine to operate. Allow a self-absorbed pal to be introspective. A new adventure begins as an old drama ends.

**TAURUS** (April 20-May 20). A creative challenge wakes you up mentally and spiritually. Celebrate an unexpected monetary influx. Your intuition hits the nail on the head tonight. Timing and a surprise play a thrilling role.

**GEMINI** (May 21-June 21). Show that you're responsible and trustworthy. A short trip can have fabulous ramifications. Your efforts impress all

who witness them. Domestic issues require attention and compassion.

**CANCER** (June 22-July 22). Lost articles can be recovered in unlikely places. Expect reassurance regarding a love relationship. Follow the golden rule in all business ventures. Replace outworn machinery with high-quality goods.

**LEO** (July 23-Aug. 22). Someone lets the cat out of the box and reveals his or her fascinating passion. Others know better than to count you out. Be direct and honest at work and in the home.

**VIRGO** (Aug. 23-Sept. 22). Positive changes affect your job. Making ends meet becomes easier. Go straight to

the source — not to a conduit or mediator. Flirtation style and physical attraction provide levity and a playful atmosphere.

**LIBRA** (Sept. 23-Oct. 23). A check really is in the mail — finally. Offer your companionship and counsel. You manage to get what you want despite some lofty demands. You have great influence on your romantic partner or object of desire.

**SCORPIO** (Oct. 24-Nov. 21). Make yourself available, and show that you're willing to work. What seemed inaccessible is suddenly yours for the

taking. Consult with family or members before you sign anything.

**SAGITTARIUS** (Nov. 22-Dec. 21). Keep your record clean, and avoid deviating from requirements for now. Your work is controversial and impressive. Members of the opposite sex spoil you.

**CAPRICORN** (Dec. 22-Jan. 19). Love and money come hand-in-hand. Your independence sets a standard for others. The simplest plans work best. Ease into a new routine instead.

(See HOROSCOPE, Page 108)

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185/70SR14	W/W 54
205/75SR14	W/W 55
205/70SR14	W/W 57
205/75SR15	W/W 58
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205/75SR15	RWL 82
215/75SR15	BLK 71
215/75SR15	W/W 79
215/70SR15	W/W 79
225/75SR15	BLK 76
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215/70SR14	W/W 84
205/70SR15	BLK 80
205/70SR15	W/W 83
205/65SR15	BLK 80
215/65SR15	BLK 83
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P195/75R14	43
P205/75R14	45
P205/75R15	46
P215/75R15	47
P225/75R15	48
P235/75R15	49

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WHITEWALL	
P155/80R13	\$41
P175/80R13	45
P185/80R13	47
P185/75R14	51
P195/75R14	52
P205/75R14	53
P215/75R14	54
P225/75R14	56
P225/75R15	57
P235/75R15	58
P185/70R14	58
P195/70R14	59
P205/70R14	60
P215/70R15	62
P215/70R15	65

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WHITEWALL	
P155/80R13	\$50
P175/80R13	54
P185/80R13	57
P185/75R14	59
P195/75R14	60
P205/75R14	63
P215/75R14	67
P225/75R14	71
P195/75R15	64
P205/75R15	65
P215/75R15	67
P225/75R15	71
P235/75R15	73

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P215/70R15	90
P235/70R15	98
P175/70R13	66
P185/70R14	74
P195/70R14	77
P205/70R14	80
P215/70R15	83
P205/70R15	84
P215/70R15	87
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P205/65R15	87
P215/65R15	90
P215/60R16	103
P225/60R16	107

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155SR13	41
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175/70SR13	48
185/70SR14	51
185/70SR14	59
195/70SR14	53
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The holiday season is upon us, and everyone is in the spirit of giving. How would you like to win a \$5000 Holiday Shopping Spree? Think of how many gifts you could buy for your family, friends, or even yourself! Just send in this entry form, and we'll automatically enter you in the "Shop 'Til You Drop" \$5000 Holiday Shopping Sweepstakes!

But before you send in this entry form, please consider this:

A voluntary subscription to the Suburban Journals will assure that we continue to produce a high-quality product to our readers.

For just \$19.50 you can become a one-year voluntary subscriber to your hometown Journal. To show our appreciation, we'll give YOU a gift too! We'll send you a FREE set of eight Suburban Journals Luminaria Bags to decorate the outside of your home this holiday season.

Or for just \$10 you can become a six-month voluntary subscriber. Every penny of your donation will help defray from the ever-increasing cost of producing and distributing the Journals.

In addition, please tell us what you like and don't like about your Journal. We also welcome requests on what you'd like to see in the future.

The Suburban Journals wish you and your family a very happy holiday season (and good luck in the "Shop 'Til You Drop" \$5000 Holiday Shopping Sweepstakes!)

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SEND TO: Holiday Shopping Spree, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, MO 63131.

(No purchase necessary to enter. See rules in today's classified section.) Sweepstakes drawing will be held at 5 p.m. on December 15, 1995. Entries must be received by noon on December 15, 1995.

## ENTERTAINMENT

### •Horoscope

(Continued from Page 9B)  
jumping right in.  
AQUARIUS (Jan. 20-Feb. 18). Today's events help map out your future. Physical exer-

cise improves your mood and increases your energy. Documents require a second look. Elaborate schemes can work if you're patient and organized.

EXPIRES 11/8/95

PISCES (Feb. 19-March 20). Throw yourself into your work and act as passionately as you feel. Good things happen to you when you reach out to others. Plan a special evening and put a romantic strategy into effect.

### FOOT PROBLEMS?...

• Bunions • Ankle Injury • Corns • Hammertoes  
• Ingrown Toenails • Diabetic Feet • Heel Pain  
• Calluses • Warts • Feet • Corrective Surgery  
• Ankle Arthroscopy • Ankle Pain (Chronic and Acute)

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## Marriage licenses

The following marriage licenses were issued through the office of Debbie Saitich, Madison County Clerk.

Grover A. Buchanan of Madison and Maxine G. Hoover of Granite City.

Robert Dale Davison and Kitty Dawn Walsh, both of Granite City.

Joseph Leslie Easley and Peggy Lou Maulding, both of Granite City.

Jason Dean Glasco and Patricia Ann Bartholemey, both of Pontoon Beach.

Roy B. Holmes Jr. of Madison and Dana S. Chatt of Venice.

Shawn Patrick Martin and Dea Marie Caschetta, both of Granite City.

David Allen Mccain of Granite City and Suzanne Marie Shortal of Glen Carbon.

Matthew James Norton and Melissa Jean Holloway, both of Granite City.

Timothy W. Patterson and Lynda K. Akeman, both of Pontoon Beach.

Michael Stephen Sikora of Madison and Kim Elizabeth Hoffman of Florissant, Mo.

Gerald Montford Thompson Jr. and Kimberly Ann Bronnbauer, both of Granite City.

Jason Dean Glasco and Patricia Ann Bartholemey, both of Pontoon Beach.

Kevin Lee Branch of Granite City and Regina Marie Cornell of Wood River.

Michael Charles Diller of St. Louis and Monica Ann Reznack of Granite City.

Richard Wayne Gauen and Amy Jo Klopmeier, both of Granite City.

Steven Craig Priefer of St. Ann, MO., and Heather Leigh Votoupal of Granite City.

Gary Alan Thompson and Patricia Ann Narvell, both of Granite City.

Brian Edward Wilgus and Rebecca Jean Grayson, both of Granite City.

The following marriage licenses were issued through the office of Sam Flood, St. Clair County Clerk.

Thomas Gordon Cox and Dorothy Inez Osborn, both of Granite City.

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**FRIDAY, NOVEMBER 3RD**

Serving 4:00 P.M. - 7:00 P.M.

**COD, CATFISH AND JACK**

**Dinners or Sandwiches**

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DR. WALTER B. HEIDKE  
D.C.



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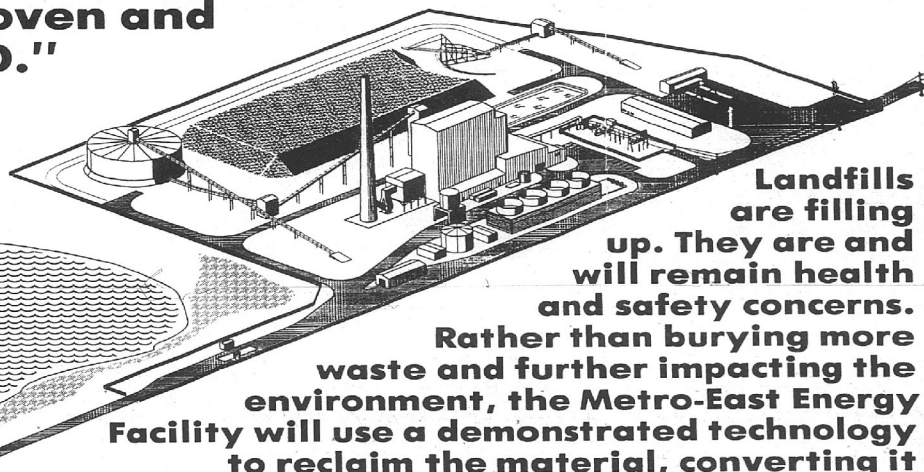
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## Ruth Circle to host blood drive Nov. 9

The Ruth Circle from Central Christian Church met Oct. 19 at the church. Circle leader Helen Stumpe opened the meeting and led the ladies with the Christian Women's Fellowship Prayer.

There will be a layette shower for the Church Women United Ministry to Unwed Women. Items are to be brought to the Nov. 2 general meeting at noon.

Central Christian Church will host the Church Women United blood drive from 2 to 7 p.m. Nov. 9. Stumpe urged all the circle members to contact their friends and relatives and encourage blood donations. There is always a short supply and a great need for blood.

On Nov. 17 the Church Women United will hold its

annual World Community Day service at Third Baptist Church, 26th Street and Grand Avenue in Granite City. Several Christian Women Fellowship and Ruth Circle members plan to attend and participate.

The Ruth Circle business meeting concluded with prayer, care and concerns. The meeting was turned over to Lynda Leggett for the lesson on "Facing Our Fears," a chapter from the book by Lydia Granger Wright entitled *Break the Dividing Wall*.

Refreshments were served by the hostess, Pearl Kennerly, to Barbara Young, Isabelle Ferguson, Lois Ann Billroy, Betty Ebrecht, Sharon Callaway, Geneva Butler, Helen Stumpe, Lynda Leggett and Doris Edwards.

The next Christian Women's Fellowship Ruth Circle meeting will be held at 7 p.m. Nov. 16 at Central Christian Church

with Doris Edwards as hostess. The study and worship will be given by Andrea Scott.

### ANNUAL SAUSAGE SUPPER

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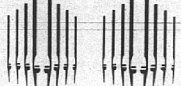
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# Today's Food

Wednesday, November 1, 1995

## Food & Nutrition

### Wise Ways

Centuries-old quinoa is a hearty grain for today's cook.  
**INSIDE**

### Heart-y Bites

Creamy, filling risotto is nothing new to Italian cooks.  
**INSIDE**

### Blue Ribbon Cook

A sweet and rich chocolate treat with pecans kicks off the month's winning cookie recipes.  
**INSIDE**

### Private Label Test Run

Bread sticks from a refrigerated roll are a convenient treat. The Schnucks brand is reviewed this week.  
**INSIDE**

### Micro Raves

Cranberries add tang to apples to color fall and winter flavor seasons rosy.  
**INSIDE**

### Lively Taste

New zippy flavors, like those in Mexican sauces, may not hold a familiarity that feels comfortable. Instead of salsa or picante sauce, add a few tablespoons chili sauce to fat-free thousand island salad dressing or mayonnaise. For a main dish, toss with chopped pickle, cooked macaroni, chopped carrot and drained chunky tuna. Chill. If desired, sprinkle top with nonfat cheddar cheese. Serve on lettuce.

## Health & Fitness

### Medicine Chest

By the year 2000, many health screenings will be done at home.  
**INSIDE**

### Fresh Picks

Mushrooms are a versatile mate for root vegetables. Choose them with smooth and dry surfaces, store in the refrigerator a few days and, before using, wipe them clean with a damp cloth or soft towel. For a free leaflet of mushroom recipes and tips, send a self-addressed, stamped, business-size envelope to: Mushroom Council, Department ROP, 2200 B Douglas Blvd., Suite 220, Roseville, Calif. 95661.

### Big Fat Tip

Eating cereal is an easy way to boost fiber. Cereal with three to five grams fiber per serving is a 'good' source of fiber. 'High-fiber' cereal has more than five grams. Fiber aids digestion, helps a person feel full before eating non-nutritious foods and may lower the probability for getting other ailments, like cancer and heart disease. If sugar is a concern, stick to cereal that lists no more than six grams per serving. Lower-fat granolas are available. Cereal with nuts is suspect for fat content. Its label is the guide.

### Future Shop

Natives of South America, chile peppers come in widely varied shapes, sizes and strengths. They stimulate nerve fibers that respond to high temperatures, giving greater sensation of heat than taste. The burning sensation provides variety, even exhilaration. To quell the fire from those chiles, eating or drinking something cold helps temporarily. A milk product — yogurt, ice cream or milk — also can help. Eat the 'heat' with a food textured like bread or rice, because touch-oriented nerve endings partially block signals from temperature-oriented nerve endings.

Source: "Food Insight," International Food Information Council

## ROOT OF IT ALL

By Janice Denham  
Staff writer

Autumn foods have ingredients that stick to a person's ribs.

Vegetables that traditionally hold up to late-autumn harvests and winter storage have qualities that make them long-range pantry partners. Onions, carrots, rutabagas, turnips, beets and white and golden potatoes all provide a fill-'em-up attitude in dishes whose flavor is enriched the longer they stand.

Here are tips for choosing some of these vegetables:

**Carrots:** Choose firm, bright-orange carrots with smooth, well-

shaped contours. Avoid split, hairy ones. While no ladies today are like those in England about 1600 who used the feathery leaves to adorn their hair and hats, carrots bought in a bunch store best with all but 1 to 2 inches of the green tops removed. Refrigerate unwashed in a plastic bag in a crisper.

**Potatoes:** It's time to give potatoes their due, without relying on butter or sour cream to carry their steam. Russets' thick skin, white flesh and consistent shape make them perfect for baking. Choose potatoes without sprouts, cracks or green areas. If several will be cooked at one time, pick them with uniform size.

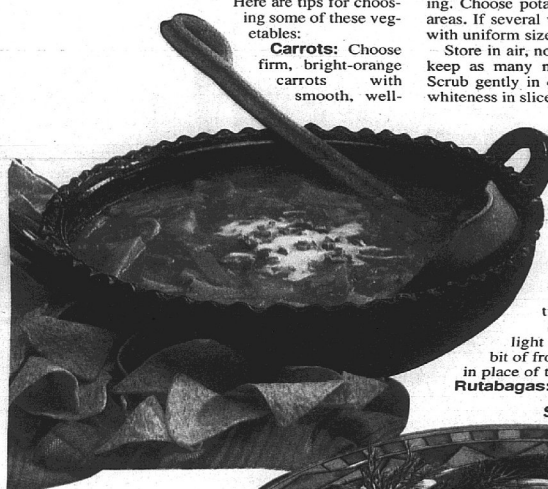
Store in air, not plastic bags, in a cool, dry place. To keep as many nutrients as possible, leave on skins. Scrub gently in cold water with a soft brush. To hold whiteness in sliced potato, cover with cold water a short time before cooking. Let the mildness of potatoes average out stronger-flavored root vegetables.

**Onions:** Green, yellow, purple, red or white, onions come with thick skins this time of year. Their smooth inner bulb has a pungency that turns sweet when cooked. They usually keep well for extended periods. Look for clean bulbs and clean, dry skins. Store whole onions in a cool, dry, dark, well-ventilated area. Cut pieces can be wrapped in plastic and kept about 4 days in a refrigerator.

**Parsnips:** They look like carrots with a light cover. Low ground temperature—even a bit of frost—improves their flavor. Use with or in place of turnips.

**Rutabagas:** Often mistaken for a cousin, the turnip,

SEE ROOTS, INSIDE TODAY'S FOOD PAGE 2



## By the meaty sea

### Kids' Cuisine

Make a favorite meatloaf mixture with lean ground beef, adding wheat germ or uncooked oats for heartiness. Shape each portion into a boat-shaped loaf. Bake 15 to 20 minutes in preheated 350° oven. Brush top of loaves with ketchup. Bake 5 minutes longer or until meat is done. Cut American cheese slice diagonally to form 4 triangles. Thread pretzel stick through center of each triangle for sail. Insert cheese sails into loaves.

# Today's Food

## Private Label Test Run



Bread sticks, hot and aromatic from the oven, are an invitation hard to turn down.

## Fresh bread baked in twisty sticks attracts tasters

Hot, freshly baked bread goes with cool weather in the tastiest, friendliest way. Schnucks soft bread sticks brought warm response in a recent testing.

They were baked plain, as well as with a sprinkling of garlic powder or an Italian seasoning blend, but no one was swayed by the toppings. It was the bread that drew responses.

"Buttery" was the most common comment about its flavor.

"We're all for them," one of several male tasters said.

"They are flaky on the inside and crusty on the outside," another volun-

teered. In fact, they were almost too rich for one's taste buds, who felt the buttery flavor lingered a little too long.

A taster said, "They are very tasty, very full-flavored." Several also mentioned their browned color attracted them.

"These brown up for great color for the no-brain preparation they take. Even the baking sheet doesn't need to be greased," the baker said.

A roll of eight Schnucks soft bread sticks costs \$1.39. For the test, each was cut in thirds. The price is 20 cents less than the national brand alongside it in the refrigerator case.

## Heart-y Bites

By CINDY BERNER

## Food greets and says farewell to seasons

The meals I plan reflect the seasons. Risotto is a perfect transitional dish between summer and fall.

While creamy and soul-satisfying risotto can be an amazingly healthy dish, only Italian families may have a dog-eared card for it in the family recipe box.

Risotto is made from a short grain Italian rice called arborio. Unlike the cover-and-cook method for American long grain rice, risotto requires adding liquid to the simmering rice in small amounts. The rice is stirred throughout the cooking. What results is a creamy, richly textured entree or side dish.

While it may sound tedious, the cooking process is actually easy. The continual stirring is the perfect job for a pair of idle hands connected to an impatient, hungry body. If there is none handy, the cook will not find it difficult either.

The basic time frame for cooking risotto is 20 to 25 minutes, the same as America's traditional rice. The end result is creamy and tender, not mushy and gummy.

Typically, chicken broth, preferably homemade for 2 cups of fat and sodium, is used. White wine also may replace some of the liquid.

Like other complex carbohydrates, enriched arborio rice is a ready energy source with added water-soluble vitamins and iron. Risotto is a welcome alternative to pasta, providing a versatile foundation that absorbs flavors in a filling meatless or low-meat meal. It allows smaller amounts of protein—such as fish, poultry or lean red meat—to be added, thus reducing saturated fat.

Risotto also benefits from adding fresh vegetables. As the dish nears completion, crisp, lightly sautéed, steamed or fresh vegetables can be stirred into the rice.

This risotto was a delicious way for my family to say good-bye to summer. It gladly accepted the basil I cut down too early from the threat of an early frost and the last of my vine-ripened, squirrel-forgotten tomatoes.

The creamy result provided a taste of summer that welcomed autumn.

Registered dietitian Cindy Berner is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

## GOODBYE-SUMMER RISOTTO

2 tbsp. olive oil

## Follow care, directions on home kits

Home testing equipment is most common for patients with diabetes. Also popular for home use are pregnancy test kits, blood pressure monitoring, cholesterol monitoring, temperature monitoring and fecal occult blood testing.

This market is expected to more than double by the year 2000.

When selecting a home test kit, the number of steps to the test is important. The greater the number of steps, the greater the potential for making a mistake. A health care professional can help pick the test best suited for you.

Manufacturers of most test kits provide a toll-free number to call with questions or for more information.

Here are tips for using the kits:

• It is important to remember home test kits are primarily for screening, not diagnosis.

• The kit probably has an expiration date.

• Follow directions for storing the kit.

• It is essential to read directions carefully. Many tests require a waiting period of time before performing the next step. A mistake in the procedure could lead to inaccurate results.

• As with most screening tests, there are false positives and false negatives.

Registered dietitian Rebecca Coley is assistant professor of pharmacy administration at St. Louis University College of Pharmacy.

## Wise Ways

By CYNTHIA FAUSER

## Rediscover ancient grain kept alive in mountains

Ancient Aztecs knew it well, as do present-day diners in the mountains of Peru and Bolivia. A vital part of the Indian diet of these regions, quinoa may be the grain of the future because of its hardness at high altitudes and its unusually large amounts of high-quality protein complementary both to other grains and to legumes.

Quinoa is a small, disk-shaped seed originating in the mountains of Peru and Bolivia. A vital part of the Indian diet of these regions, quinoa may be the grain of the future because of its hardness at high altitudes and its unusually large amounts of high-quality protein complementary both to other grains and to legumes.

Look for quinoa at natural food stores or in the health food section of supermarkets. Cook it like rice pilaf or add it to soup and stew in place of rice or pasta.

Rinse quinoa in a sieve

first to remove the last traces of a naturally-occurring bitter compound. Cook it in twice as much water as seed. Simmer, covered, 15 to 20 minutes until all liquid is absorbed. The taste can be described as "squash-like with nutty overtones."

Registered dietitian Cynthia Fauser is nutrition specialist with University Extension (University of Missouri system) in St. Louis County.

## QUINOA VEGETABLE STEW

2 cups chopped onion  
2 cloves garlic, minced  
2 tbsp. oil  
1 rib celery, chopped  
1 carrot, sliced  
1 green bell pepper, cut in

1 inch pieces  
1 cup cubed zucchini  
2 cups undrained, chopped tomato  
3 cups water, vegetable or chicken broth  
1/2 cup uncooked quinoa  
2 tsp. cumin and salt  
1/2 tsp. chili powder  
1 tsp. oregano  
Salt to taste  
Chopped fresh cilantro and grated Monterey Jack cheese for toppings, if desired

In soup pot over medium heat, sauté onion and garlic in oil about 5 minutes. Add celery and carrot. Continue cooking 5 minutes, stirring often.

Rinse quinoa in colander. Add to soup pot with green pepper, zucchini, tomato and water. Stir in cumin, chili powder and oregano. Simmer, covered, 10 to 15 minutes until vegetables are tender.

## Blue Ribbon Cook

## Rich chocolate bite sets great sweet stage

Bernice Ploesser, South St. Louis County, is the winner of this week's recipe contest for Fudge Nut Cookies. She wins a prize of dinner certificates at the Pasta House Co.

This rich little bite is full of rich chocolate and pecans. For a double dose, she suggests topping each one with a pecan half.

They are as easy to make as they are delicious to eat. Chocolate and butter can be melted in a microwave or over low heat or hot water, eggs can be whisked and all the ingredients combined with a fork, working quickly so the chocolate does not cool too much before dropping onto the cookie sheets.

Recipes in the Drink and Dip Recipe Contest will be accepted through Nov. 30 for consideration as winner each of the four Wednesdays in December. Recipes

for beverages and dips can be in the holiday mode. Send one recipe per household to: Drink and Dip Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Type or print the recipe legibly on one side of the paper. Include name, address and telephone number on the entry. Name the Journal you receive. Be sure to double-check the recipe as it is written for both amounts and directions, including any variations that make this dish special.

If there is a history to the recipe, it will be considered part of the entry.

## FUDGE NUT COOKIES

2 bars German chocolate

1 tbsp. butter  
2 eggs  
3/4 cup sugar  
1/2 cup flour  
1/4 tsp. baking powder  
1 tsp. cinnamon  
1/8 tsp. salt  
1/2 tsp. vanilla  
3/4 cup coarsely chopped pecans

Preheat oven to 350°.

Grease baking sheets. Heat chocolate and butter in microwave, over very low heat or over hot water on stovetop until it melts.

Beat eggs until foamy. Blend in sugar. Blend with chocolate and butter.

Add flour, baking powder, cinnamon, salt, vanilla and pecans. Batter may be thin.

Drop by large teaspoonful on prepared baking sheets. Bake in preheated oven 10 minutes.

## Roots

Continued from page 1C. it is larger, rounder, denser and sweeter, yellow rather than white, as well as more pronounced in flavor. Store in a well-ventilated, dry, dark, cool place. Its heavy waxing preserves its heavy moisture.

Rutabagas are sweetest when about 5 inches in diameter and feel heavy for their size. Try them mashed and seasoned like sweet potatoes, added to simmered meat mixtures during the last 20 minutes or thinly sliced as a veggie dipper. Nutmeg is a non-traditional, complimentary seasoning.

• Turnips: The smaller the turnip, the sweeter it is. Its purple top should not be shriveled. Peeling removes some bitterness. Store in a moist, slightly nestled between heads of leafy greens if seeking friendly surroundings.

• Beets: Early Romans ate only the tops, saving the bulb for medicine. Firm, smooth-skinned, small to medium beets are most tender. Store like carrots. Cook in water with roots, stems and skin intact to prevent bleeding and let cool before trimming and slipping off skins under cold running water. Shredded beet is delicious in salad, but colors companion ingredients.

For a free brochure with more vegetable recipes, write for these individual leaflets. For each brochure, include a stamped, self-addressed, business-size envelope to: California Fresh Carrot Advisory Board, 531-D N. Alta Ave., Dinuba, Calif. 93618; National Onion Association, 822 7th St., Suite 510, Greeley, Colo. 80631; Washington State Potato Commission, 108 Interlake Road,

Moses Lake, Wash. 98837.

## CHUNKY SOUTHWESTERN SOUP

1 1/2 cups chopped white onion  
2 tbsp. oil  
2 medium carrots (1 1/2 lb.), quartered crosswise, then sliced (2 cups)  
1 lb. russet potatoes, sliced, then sliced  
1/4 lb. mushrooms, sliced  
1 tsp. minced garlic (3 medium cloves)  
2 cans (14 1/2 oz. each) chicken broth (fat-free, low-sodium preferred)  
1 can (15 oz.) tomato sauce  
2 tsp. oregano  
2 tsp. cumin  
2 tbsp. minced fresh chile

peppers or 1 tsp. red chile flakes (or taste)  
Grated cheddar or Monterey Jack cheese  
Baked tortilla chips

In large saucepan, gently sauté onion in oil until buttery. Add carrot, potato, mushrooms, garlic, salsa, chicken broth, tomato sauce, oregano, cumin and chiles. Bring to boil. Simmer, covered, 15 minutes until potato is tender.

Serve in bowls. Top with cheese and more pepper, if desired. Surround bowls with chips.

Makes 9 cups or 6 servings.

## RICH BEEF VEGETABLE STEW

2 lb. tender beef steak,

well trimmed of fat, cut  
1 1/2 inch cubes  
2 tbsp. oil  
1/4 cup flour  
2 cups red wine  
1 cup onion (3/4 lb.)  
1 1/2 cups cubed carrot  
1/2 tsp. minced garlic  
1/2 cup chopped fresh oregano  
1/2 cup chopped fresh dill weed  
1 lb. mushrooms, sliced (5 cups)  
Salt and pepper  
Garlic Mashed Potatoes

In large skillet or pan over high heat, sauté beef in oil until browned and dark drippings form. Mix in flour, then wine and water, scraping loose drippings on bottom of pan. Add onion, carrot, garlic, oregano and dill. Bring to boil. Cook, covered, at a lively simmer, stirring

utes until beef and carrot are tender. Add more water if stew dries out. Add mushrooms. Salt and pepper to taste. Return to boil. Simmer 10 minutes.

Serve over Garlic Mashed Potatoes.

Garlic Mashed Potatoes: Peel 3 pounds russet potatoes. Cut in chunks. Place in large saucepan. Cover with water. Bring to boil. Simmer 15 minutes or until tender.

Heat 1 cup milk with 1/4 cup (1/2 stick) butter or margarine and 3 to 4 teaspoons minced garlic to simmer.

Drain potatoes. Place in bowl. Beat in milk mixture, half at a time, using quick bursts, but do not overbeat so potatoes stay light and creamy. Salt to taste.

Makes eight (1-cup) servings stew and eight (serving-cup) servings potatoes. occasionally, about 30 min-



# Today's Food

Granite City Journal-November 1, 1995—Page 3C



Southwestern Beef Hash combines fresh and prepared ingredients in a convenient, delicious, home-style family meal.

## Today's home-cooked meal throws open modern pantry

For home-style taste in half the time, many cooks are finding new ways to combine packaged and fresh ingredients. Not only does this trend yield easy family dinners, but it opens doors to a vast array of tastes and convenient meal variety.

A good example of this trend is the popularity of bottled salsas, relishes and chutneys, now cropping up to use abundantly with traditional meats.

Broiled or grilled steak, for instance, becomes a speedy ethnic-style meal when accompanied by a hearty, store-bought Mexican salsa and flour tortillas. Yet the same type of steak offers a radically different taste when paired with rice and cranberry-orange relish.

Both convenience products enhance the flavors of beef in an easy, home-cooked meal that gives a

well-known ingredient a fresh perspective.

Prepared salsas, relishes and chutneys also can serve as recipe ingredients that impart full taste in minimal amounts of time.

Stirred into a speedy ground beef chili, for example, salsa or picante sauce adds fast flavor. Mango chutney tossed with cubes of deli roast beef, lettuce, mangos and red bell peppers becomes an exotic — yet nearly effortless — main dish salad.

Here is a twist on a one-dish, home-cooked dinner that can be prepared in 30 minutes.

Southwestern Beef Hash spices up traditional beef hash with readily-available ingredients — onion, ripe olives and prepared salsa. Served with a tossed green salad, the result is a satisfying and speedy meal. Total preparation and cooking time is 30 minutes.

### SOUTHWESTERN BEEF HASH

1 lb. lean ground beef  
1 small onion, chopped  
3 cups frozen potatoes  
O'Brien or hash browns  
1/2 tsp. salt  
1/4 tsp. pepper  
1 cup salsa

Sliced green onion and ripe olives, if desired

In large skillet over medium heat, brown ground beef and onion 8 to 10 minutes until no longer pink. Pour off drippings. Stir in potatoes, salt and pepper. Increase heat to medium-high.

Cook 5 minutes, stirring occasionally. Stir in salsa. Continue cooking, stirring occasionally, 8 to 10 minutes or until potatoes are lightly browned. Garnish with green onion and olives. Makes 4 servings.

### Micro Raves

By BARB GRAY

## Ruby-red cranberries share winter season

The aromatic mixture of cranberries, apples and cinnamon is indescribably delicious. Fresh cranberries will not last long in the fresh produce department, so buy an extra bag to freeze and use after the 1995 crop has gone.

Cranberries are not just into exhibitionism during the holidays for their rosy looks. They are high in vitamin C, too.

Here are two festive recipes for cranberries.

Because it does not brown, pie is not always considered at its best with microwave cooking only. However, when it is used in conjunction with a conventional oven, the results are better than either appliance can do on its own.

The apple-cranberry pie is started in the microwave and completed conventionally. This method is ideal for traditional two-crust pies. It gives an extra flaky pastry, because the filling cooks before it can soak into the crust.

The same combination of fruits makes beautiful, bright-red preserves that taste delicious on toast or muffins. Keep some jars at home and make extra for holiday gifts.

Certified home economist Barb Gray specializes in microwave cooking.

### CRANBERRY-APPLE PIE

Refrigerated pastry for double-crust pie, unbaked  
5 cups sliced, peeled apple  
1 1/2 cups fresh cranberries  
3/4 cup sugar  
1/4 cup flour  
1/2 tsp. cinnamon

Prepare 1 crust as directed on package. Invert pastry into 9-inch microwave-safe pie plate. Ease into pan. Trim crust even with edge of pan.

In bowl, combine apple, cranberries, sugar, flour and cinnamon. Mix well. Spoon into pastry-lined pie plate.

Moisten edge of bottom crust with a little water. Place second crust over filling, trimming if necessary to extend 1/2-inch beyond edge of pan. Fold top edge under bottom crust. Pinch edges together to seal.

Microwave on high power 7 to 8 minutes until filling begins to bubble.

Preheat conventional oven to 425°. Continue baking pie in preheated oven 15 to 20 minutes until crust is golden brown.

### APPLE-CRANBERRY SPREAD

3 1/2 cups chopped, peeled apple  
1 1/2 cups fresh cranberries  
1 (3 inch) stick cinnamon  
1/4 cup water  
1 pkg. (1 1/2 oz.) powdered fruit pectin  
1 tbsp. grated orange peel  
4 cups sugar

In 2-quart bowl, combine apple, cranberries, cinnamon and water. Cover with vented plastic wrap. Microwave on high power, stirring once, 10 to 11 minutes until fruit is tender. Discard cinnamon stick.

Stir in fruit pectin until well mixed. Microwave on high power, stirring once, 2 to 3 minutes until mixture boils hard.

Stir in orange peel and sugar. Microwave on high 3 to 4 minutes until mixture comes to full boil, stirring well 3 to 4 times to dissolve all sugar from side of bowl. Let stand about 15 minutes.

Pour or ladle into jars. Cover. Let cool.

Store in refrigerator or freezer for longer storage. Makes about 4 1/2 cups.

### Recipe

#### CREAMY HOT MUSHROOM SPREAD

4 cups thinly sliced mushrooms (about 12 oz.)  
1 medium onion, chopped  
3 tbsp. butter or margarine  
1 tbsp. flour  
1 tsp. Dijon mustard

2 tbsp. milk  
1/4 tsp. salt  
1/4 tsp. paprika  
1/8 tsp. pepper  
3/4 cup sour cream

Chopped fresh parsley  
Melba toast rounds

In skillet over medium-high heat, cook mushrooms and onion in butter until excess liquid has evaporated and mushrooms are just beginning to brown. Remove from heat. Stir in flour, mustard, milk, salt, paprika and pepper.

Cook over low heat 2 to 3 minutes. Stir in sour cream. Heat, but do not boil.

Microwave directions: Melt butter in 2-quart casserole. Add mushrooms and onion. Microwave on high power 4 to 6 minutes, stirring twice. Stir in flour, mustard, milk, salt, paprika and pepper. Microwave 2 to 3 minutes, stirring smooth and thickened. Stir in sour cream. Microwave on medium power 1 minute. Makes 2 cups.

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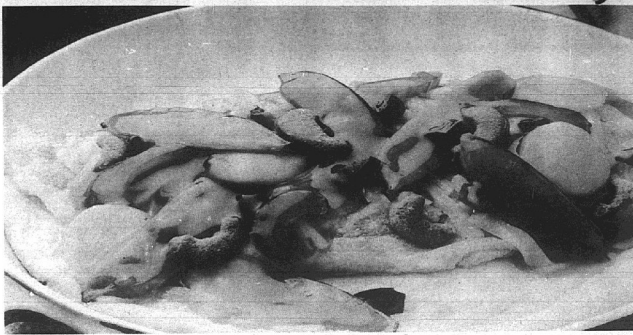
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# Today's Food



Brick, a native American cheese, is featured in this puffy, light omelet with Oriental flavor.

## Cheese, eggs, veggies star on night for omelet

An omelet turns into the main dish on the dinner table when it is enriched with a variety of cheeses and a medley of colorful vegetables. Accompanied by a simple salad, they make a meal.

The cheese selection in Far East Omelet is brick, a native American cheese with a slightly sweet, yet pungent flavor. It is named for its shape and the bricks once used as weights to mold it.

Egg whites and yolks in Far East Omelet are separated, fluffed, then folded together, giving the omelet its fluffiness. It is browned on the stove, then put in the oven to finish cooking. With a sauce of pea pods, water chestnuts, red pepper, celery and sweet-sour flavor, the result is colorful, sweet and savory.

- Pinch pepper
- Water
- 1/4 tsp. cream of tartar
- 2 tsp. plus 2 tbsp. butter
- 1 cup (4 oz.) shredded brick cheese
- 1 pkg. (1.75 oz.) sweet and sour mix
- 1 cup fresh or frozen pea pods, thawed if necessary
- 1/2 cup diagonally sliced celery
- 1/4 cup chopped red bell pepper
- 1/2 cup sliced water chestnuts
- 1/4 cup salted cashews

Preheat oven to 325°.

Beat egg yolks and pepper until thick and lemon-colored.

Beat egg whites, 1/4 cup water and cream of tartar until stiff peaks form. Fold yolks into whites.

proof handle. Heat until just hot enough to sizzle drop of water.

Pour egg mixture into skillet. Cook over low heat about 5 minutes until puffy and golden brown on bottom. Place skillet in preheated oven. Bake 14 to 16 minutes until knife inserted near center comes out clean.

Prepare sauce mix according to package directions.

Melt 2 tablespoons butter in large skillet. Sauté pea pods, celery and red pepper about 5 minutes until tender-crisp. Stir vegetables and water chestnuts into sauce.

To serve omelet, score across center. Sprinkle with half the cheese. Fold in half. Sprinkle with remaining cheese.

Cut in 4 individual servings. Spoon sauce over each portion. Top each serving with 1 tablespoon nuts. Serve immediately.

### FAR EAST OMELET

4 eggs, separated

Melt 2 teaspoons butter in 10-inch skillet with oven-

## Try sunny pork chops for taste of islands

As the weather turns cool, many people dream of traveling to warmer climates. In lieu of an airline ticket, move to the kitchen to spice up those dreams.

This quick, easy recipe for Caribbean Pork Chops is made special with the addition of ingredients that sound exotic, yet are readily available.

Green-tipped bananas, an islander's staple, blends with coconut milk, fresh ginger root, lime juice and

chutney to add fresh, new flavor to browned and simmered pork chops. When the sautéed bananas are placed atop each pork chop and saturated with a flavorful sauce, they take on a new character that leaves a flavor impression beyond their natural sweetness.

### CARIBBEAN PORK CHOPS

- 1 green-tipped, large banana, peeled
- 2 tsp. oil
- 2 boneless loin pork chops, 1 inch thick
- 1 large clove garlic, minced or pressed
- 2 tbsp. silvered ginger

- 1/2 cup canned coconut milk
- 1/4 cup water
- 2 tbsp. chutney
- 1/8 tsp. cayenne pepper
- 1 tbsp. lime juice

Shred lettuce or hot cooked rice, if desired

Cut banana in half crosswise, then lengthwise in 4 pieces. In non-stick skillet, brown bananas on both sides in oil 2 to 3 minutes. Remove from skillet.

In same skillet, brown chops on both sides, covered, 2 to 3 minutes total time. Stir in garlic and ginger. Sauté lightly. Stir in coconut milk, water, chutney and cayenne. Spoon over pork chops. Simmer, covered, 8 to 10 minutes.

Stir in lime juice.

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(\$19.95 per week for 52 weeks=\$1037.40)

Bedrooms from \$16<sup>95</sup> per week  
(\$16.95 per week for 52 weeks=\$881.40)

Livingrooms from \$16<sup>95</sup> per week  
(\$16.95 per week for 52 weeks=\$881.40)

Refrigerators from \$14<sup>95</sup> per week  
(\$14.95 per week for 52 weeks=\$777.40)

**Call For All  
Your Car,  
Truck & Van  
Rental  
Specials**

**656-6070**

**CASSENS RENTAL**  
HWY 159 • DOWNTOWN EDWARDSVILLE

### Tired of Phony Eyewear Sales?

We Offer Quality Fashionable Eyewear At Honest, Everyday, Low Prices!

### The Optical Shop

12 Maryville Professional Ctr.  
Illinois Eye Specialist Bldg.  
Maryville, IL 62062  
288-3550

Granite City Opticians  
#12 Nameoki Rd.  
Granite City, IL 62040  
452-5154

**Christmas Elegance**

**November 1-4**

**Shirley K. Floral**  
2701 Pontoon Rd.  
Granite City  
797-6210

**Vote NO! Nov. 7**

Keep the few choices you have.

**Nameoki Township & Pontoon Beach Residents**

Do you want another choice made for you? They want to choose your trash hauler!

**Here's a Party  
Just Waiting to Happen**

All the party items you could ever want are right here ready to rent. Attractive, affordable and waiting just for you.


**A-1 RENTAL, INC.**  
Your Wedding Service Center  
Cakes, Linens, Center Pieces, Banners, Floral Centerpieces, Tables & More  
CATERERS WELCOME



# Shop 'n Save

## Stretch Your Dollar! With Total Value From Shop 'n Save!

ASSORTED VARIETIES  
**Nabisco Premium Saltines**



**98¢**  
15-16.5 OZ. BOX

ALL VARIETIES  
**Coke, Diet Coke or Sprite**



**477**  
24-PACK 12-OZ. CANS

COKE/DIET COKE 2 LTRS. 79¢ LIMIT 6 COKE; OVER THE LIMIT 99¢

**Campbell's Chicken Noodle Soup**



**2/\$1**  
10.75-OZ. CAN

**Kraft Macaroni & Cheese Dinners**




**2/\$1**  
7.25-OZ. PKG.

OUR LOW SALE PRICE \$5.99  
**Charmin Bath Tissue**



**474**  
24-ROLL PACKAGE  
AFTER \$1.25 MAIL-IN REBATE AVAILABLE IN-STORE

ASSORTED VARIETIES  
**Style Hair Spray**



**2/\$1**  
7-9.3 OZ. AEROSOL  
LIMIT 2 WHILE SUPPLY LASTS

OUR LOW SALE PRICE \$5.99  
**Bounty Bundle Pack**..... **499**  
8-ROLL PKG.  
AFTER \$1.00 MAIL-IN REBATE AVAILABLE IN-STORE

OUR LOW SALE PRICE \$3.99  
**Puffs or Puffs Plus Tissue**..... **299**  
3-PACK  
AFTER \$1.00 MAIL-IN REBATE AVAILABLE IN-STORE

APPLE JACKS OR SMACKS  
**Kellogg's Cereal**..... **2/\$4**  
15-17.6 OZ. BOX

ASSORTED VARIETIES  
**R-F Pasta**..... **67¢**  
16-OZ. PKG.

**Ralston Muesli Blueberry Cereal**.... **199**  
13.5-OZ. BOX

WHITE  
**Shop 'n Save Sandwich Bread**... **89¢**  
24-OZ. LOAF

REGULAR OR REDUCED FAT  
**Planters Cheez-Balls**..... **99¢**  
4-5 OZ. PKG.

**Ralston Almond Delight Cereal**..... **199**  
18-OZ. BOX

SHOP 'N SAVE  
**Chunk Light Tuna**... **2/99**  
6-OZ. PKG.

REGULAR, UNSALTED OR DRY ROASTED  
**Planters Cocktail Peanuts**..... **99¢**  
12-OZ. CAN

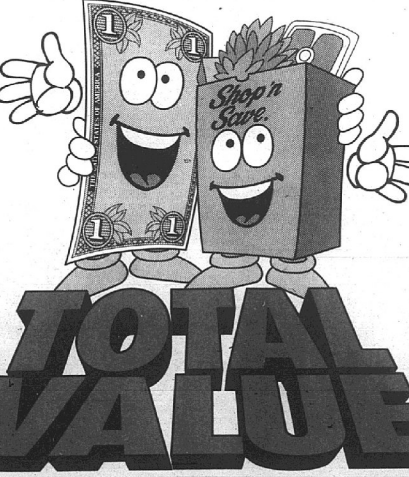
**Shop 'n Save Tomato Sauce**..... **10/\$1**  
8-OZ. CAN

**Ultra Joy Dish Detergent**..... **99¢**  
14-OZ. BTL.

CREAMY OR CRUNCHY  
**Shop 'n Save Peanut Butter**..... **99¢**  
15-OZ. PKG.

ASSORTED VARIETIES  
**Cheer Ultra Laundry Detergent**... **597**  
98-106 OZ. PKG.

SHOP 'N SAVE  
**Corn Flakes Cereal**..... **88¢**  
18-OZ. BOX

**TOTAL VALUE**





REGULAR OR LIGHT  
Busch Beer

**997**

24-PACK  
12-OZ. CANS



Seagram's Gin

**999**

1.75-LTR.  
BOTTLE

*Shop'n Save.*

BEER, LIQUOR AND  
WINE

**Red Tag Values!**

LIQUOR PRICES GOOD AT  
ILLINOIS STORES ONLY

GENUINE DRAFT, LITE ICE OR  
Miller Lite  
Beer.....

**1189**  
24-PACK  
12-OZ. CANS

COORS, COORS LIGHT OR  
Coors Red Light  
Beer.....

**319**  
6-PACK 12-OZ.  
1/4 N BTL.

NOT AVAILABLE AT BELLEVILLE OR CAHOKIA

REG., LIGHT, OR ICE  
Milwaukee's Best  
Beer.....

**399**  
12-PACK  
12-OZ. CANS

NON RETURNABLE BOTTLES

Zima  
Clear Malt.....

**469**  
6-PACK  
12-OZ. BTL.

Miller High Life  
Beer.....

**97¢**  
32-OZ.  
CAN

OUR LOW SALE PRICE \$6.49

Peter Vella  
Wines.....

**549**  
5-LTR.  
BOTTLE

AFTER \$1.00 INSTANT COUPON ON PACKAGE

Livingston  
Cellars Wine.....

**3/999**  
3-LTR.  
BOTTLE

CONCORD, BLACKBERRY,  
OR CHERRY

Mogen David  
Wines.....

**2/\$5**  
750-ML.  
BOTTLE

Inglennook  
White Zinfandel...

**599**  
3-LTR.  
BOTTLE

Mr. & Mrs. T  
Cocktail Mixes.....

**2/\$5**  
32-OZ.  
BOTTLE

E&J

Brandy.....

**649**  
750-ML.  
BOTTLE

Please Drink Responsibly-  
Don't Drink & Drive!

Jim Beam  
Bourbon.....

**1299**  
1.75-LTR.  
BOTTLE

Seagrams  
7 Crown.....

**1249**  
1.75-LTR.  
BOTTLE

Smirnoff  
Vodka.....

**1349**  
1.75-LTR.  
BOTTLE

WHITE OR GOLD

Ron Rico  
Rum.....

**1199**  
1.75-LTR.  
BOTTLE

ALL VARIETIES

Kool  
Cigarettes.....

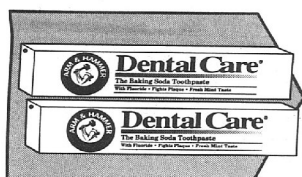
**1399**  
PER CARTON

ALL VARIETIES

GPC  
Cigarettes.....

**1199**  
PER CARTON

ALL PRICES INCLUDE EXCISE TAXES. SALES TAX ADDITIONAL.



Arm & Hammer  
Dental Care

**179**  
4.5-5 OZ.  
PKG.



REGULAR OR CHERRY  
NyQuil

**299**  
6-OZ. PKG.

GENERAL MERCHANDISE  
**VALUES!**



OUR LOW SALE PRICE \$1.54

G.E.  
Soft White  
Light Bulbs

**99¢**  
4-PACK  
40, 60, 75 OR  
100 WATT

AFTER 55¢ OFF COUPON AVAILABLE IN STORE

OUR LOW SALE PRICE \$1.39  
G.E. SOFTWHITE  
30/100 OR 50/150

3-Way  
Light Bulbs.....

**99¢**  
1-CT.  
PKG.

AFTER 40¢ OFF COUPON AVAILABLE IN-STORE

4-CT. C OR D OR 2-CT. 9 VOLT

Energizer  
Batteries.....

**379**

8-CT. AA OR AAA

Energizer  
Batteries.....

**449**

*Shop'n Save.*

HEALTH & BEAUTY

**Red Tag Values!**

SOLID  
Arm & Hammer  
Deodorant.....

**159**  
1.75-2.25 OZ.  
PKG.

Pepcid AC  
Tablets.....

**449**  
12-CT. PKG.

OUR LOW SALE PRICE \$1.99  
ASSORTED VARIETIES

Edge

Shave Gel.....

**99¢**  
7-OZ.  
PKG.

AFTER \$1.00 MAIL-IN REBATE AVAILABLE IN-STORE

ACTIVE OR BRIGHT STRIPS

3M  
Bandages.....

**149**

ASSORTED VARIETIES  
SHAMPOO OR CONDITIONER

Salon  
Selectives.....

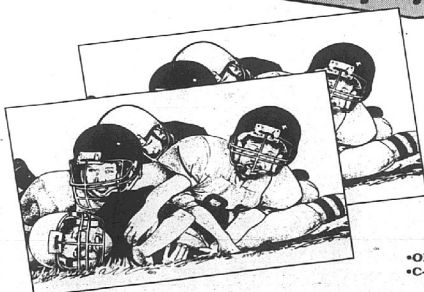
**199**  
15-OZ. PKG.

SCENTED OR UNSCENTED

Suave  
Baby Wipes.....

**199**  
60-CT. PKG.

**Photo Processing**  
Everyday Value!



Your Choice of Single Prints Plus  
**FREE FILM OR  
DOUBLE PRINTS!**

**379**  
24-EXP.  
3 1/2-INCH PRINTS

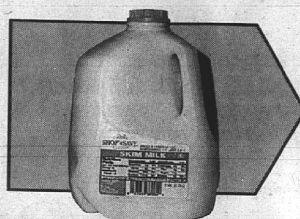
\*ORIGINAL FULL COLOR PRINT FILM ONLY  
\*C-41 PROCESS





98% FAT FREE  
Budget Gourmet  
Dinners

**3/\$5**  
11-OZ. PKG.



Shop 'n Save  
Skim Milk

**1.98**  
GALLON

FROZEN FOOD AND  
DAIRY

**Red Tag Values!**

ASSORTED VARIETIES,  
SPECIAL ORDER

Tombstone  
Pizza.....

**2/5.98**  
25-28 OZ.  
PKG.

ASSORTED VARIETIES

Downyflake  
Waffles.....

**99¢**  
10-13 OZ.  
PKG.

IN DAIRY DEPARTMENT

Lenders  
Bagels.....

**95¢**  
5-CT.  
PKG.

REGULAR OR HOMESTYLE  
PURE PREMIUM

Tropicana  
Orange Juice.....

**3.59**  
96-OZ.  
BOTTLE

Land O Lakes  
Quarters.....

**65¢**  
1-LB.  
PKG.

1 1/2 DOZEN

Family Pack  
Medium Eggs.....

**59¢**  
18-COUNT



REGULAR OR 1/3 LESS FAT

Kraft Philly  
Cream Cheese.....

**89¢**  
8-OZ.  
BRICK

ASSORTED VARIETIES

Yoplait Light  
Yogurt.....

**3/\$1**  
6-OZ.  
PKG.

Shop 'n Save  
Spread Bowl.....

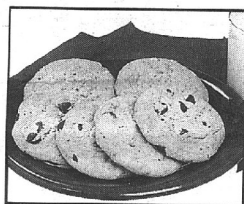
**99¢**  
3-LB.  
PKG.

Shop 'n Save  
Cheese Food Singles

**1.59**  
16-OZ.  
PKG.

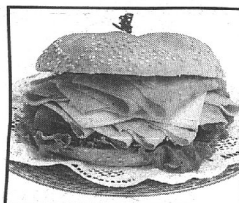
Shop 'n Save  
Jumbo Biscuits....

**89¢**  
16-OZ.  
PKG.



BAKERY DEPARTMENT  
Chocolate Chip  
Cookies

**3.69**  
24-CT.  
PKG.



MICKELBERRY  
Deli  
Ham

**3.99**  
lb.

BAKERY, SEAFOOD &  
DELI

**Red Tag Values!**

SINGLE LAYER

Black Forest  
Cake.....

**3.99**  
6-INCH

FRESH BAKED

Italian  
Bread.....

**89¢**  
LOAF

99% FAT FREE

Jennie-O  
Turkey Breast.....

**2.99**  
lb.

Corned Beef or  
Pastrami.....

**3.99**  
lb.

FARM FRESH

Whole  
Catfish.....

**2.69**  
lb.

Breaded  
Clam Strips.....

**2.99**  
lb.

Orange Roughy  
Fillets.....

**4.99**  
lb.

Family  
Video Center



EVERYDAY RENTAL PRICE

All New  
Releases.....

**99¢**  
EACH

EVERYDAY RENTAL PRICE

All Other  
Titles.....

**49¢**  
EACH

EVERYDAY RENTAL PRICE

All Video  
Games.....

**99¢**  
EACH

AT STORES WITH VIDEO DEPT. ONLY

ALL GREETING  
CARDS  
DISCOUNTED  
**20%**  
FROM MANUFACTURERS PRE-PRICE

ALL BOOKS  
& MAGAZINES  
DISCOUNTED  
**10%**  
FROM MANUFACTURERS PRE-PRICE



11013A

**Join the Shop 'n Save Team!**

Shop 'n Save is now accepting applications for  
part-time employment. For more information  
visit the Customer Service Counter.

E/O/E

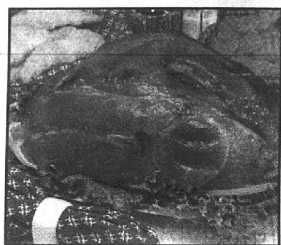
M/F/D/V

# TOTAL VALUE



CHUBBY CHICKEN FRESH  
Boneless, Skinless  
Chicken Breast

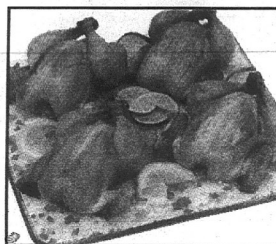
**1.99**  
lb.



FRESH  
Picnic Style  
Pork Roast

**59¢**  
lb.

LIMIT 3 PACKAGES



PATTY JEAN  
Cornish Hens

**1.59**  
20-OZ.  
EACH

WHITE AND DARK  
Jennie-O Turkey  
Pan Roast.....

**2/\$5**  
2-LB.  
PKG.

Hickory Ridge  
Sliced Bacon.....

**1.79**  
1-LB.  
PKG.

ALL VARIETIES  
Oscar Mayer  
Lunchables.....

**99¢**  
4.5-OZ.  
PKG.

Louis Rich  
Ground Turkey....

**99¢**  
1-LB.  
ROLL

Bob Evans  
Pork Sausage.....

**1.99**  
1-LB.  
ROLL

PATTIES OR NUGGETS  
Banquet Boneless  
Chicken.....

**2/\$5**  
13.5-OZ.  
PKG.

ASSORTED VARIETIES  
Banquet  
Entrees.....

**2/\$4**  
20-OZ.  
PKG.

ALL VARIETIES EXCEPT BEEF  
Hillshire  
Smoked Sausage.....

**1.79**  
lb.

ALL BEEF  
Holten Quarter  
Pound Patties.....

**3.99**  
5-LB.  
BOX

Shop 'n Save  
Pork Sausage.....

**1.69**  
1-LB. ROLL

Ohse  
Wieners.....

**69¢**  
12-OZ.  
PKG.

BROWN & SERVE

Swift Premium  
Sausage.....

**99¢**  
7-8 OZ.  
PKG.

Johnsonville  
Beef Brats.....

**2.49**  
lb.

ASSORTED VARIETIES  
WAFER THIN

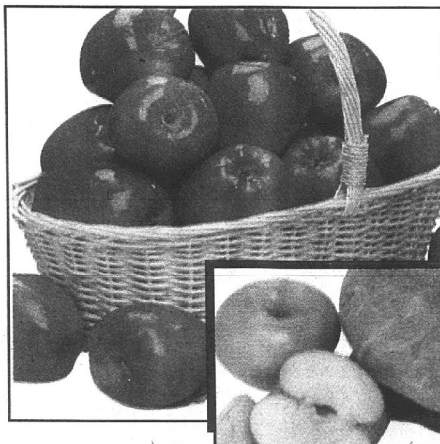
Buddig  
Sliced Meats.....

**39¢**  
2.5-OZ.  
PKG.

LEAN TENDER

Pork  
Cutlets.....

**1.99**  
lb.



**FALL APPLEFEST**



Washington State  
Red or Golden  
Delicious, Granny  
Smith, Jon-A-Gold, Fuji,  
Braeburn, or Rome  
or Michigan  
McIntosh, Jonathan,  
Gala, or Empire

**48¢**  
lb.

MARZETTI

Caramel  
Apple Dip.....

**2.48**  
18-OZ.  
TUB

DOLE

Jet Fresh  
Pineapple.....

**2.78**  
EACH

TERRY FARMS

Mushrooms.....

**98¢**  
8-OZ.  
PKG.

**5 A Day** Fruits &  
For Better Health Vegetables

**Shop 'n Save**  
The more you shop the more you save. SM

S	M	T	W	T	F	S
			1	2	3	4

\* PRICES GUARANTEED THRU NOVEMBER 4, 1995 AT ALL ST. LOUIS METRO STORES ONLY • WE RESERVE THE RIGHT TO LIMIT • NO SALES TO DEALERS • FOR LOCATIONS CALL (314) 984-0900

**Shop 'n Save**  
DOUBLE YOUR  
MONEY BACK  
MEAT & PRODUCE  
GUARANTEE  
WITH PROOF OF PURCHASE

11014A



**WE TAKE PLASTIC!**



# Classified

**CALL 877-7700 or 876-2000**

Hours: Monday-Friday 8 am-5 pm • Closed Saturday & Sunday

**1-800-766-FAST (3278)**

For Commercial Rates Call 877-7700. Help Wanted 876-2000.



**TRANSPORTATION**  
1



**EMPLOYMENT**  
200



**NOTICES**  
400



**SERVICES**  
700



**MERCHANDISE**  
1700



**REAL ESTATE**  
2100



**RENTALS**  
2600

## HOW TO

### PLACE AN AD

There are four easy ways to place your ad.

**BRING IT** Bring it to 1815 Delmar Ave., Granite City, IL 62040.

**PHONE IT** Call 877-7700 or dial 876-2000. Phone lines are open from 8 a.m. to 5 p.m. Monday through Friday.

**FAX IT** Send your ads directly to our Classified Fax Center at (618) 876-4240. We'll call you back for confirmation.

**MAIL IT** Send your ads to: Classified, Granite City Press-Record Journal, 1815 Delmar, Granite City, IL 62040.

**DAY OF AN AD**

You will be billed immediately following last run day. You may pay in person, through the mail, or over the phone or fax. We'll accept cash, checks and credit cards (MC/VISA). Discover. When paying over the phone, please have your credit card number ready. When faxing your ad, just include your credit card number. We'll call you back for confirmation. Please do not send cash through the mail. Some ads require prepayment.

**WRITE AN AD**

Capture the reader's attention with larger headlines, bold type, and icons. Tell them up front what you're selling or seeking. Describe what is unique about your item, adding details such as color and condition. Avoid abbreviations; they make your ad harder to read and therefore less effective. Include your phone number and the hours you are available. Always include the price it will increase your responses.

**CANCEL AN AD**

Deadlines for ad cancellation are identical to ad placement. You must cancel an ad in person or over the phone. To cancel an ad, phone 877-7700 or 876-2000.

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385 News Notice  
390 Weather Notice  
395 Sports Notice  
400 Arts Notice

## AD DEADLINES

### Publication Day

Monday, 8 p.m.  
Tuesday, 8 p.m.  
Wednesday, 8 p.m.  
Thursday, 8 p.m.  
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## AD DEADLINES

### Publication Day

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Tuesday, 8 p.m.  
Wednesday, 8 p.m.  
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94 FORD XLT 4000, 4000, 4000, 4000, 4000 EXTRA CLEAN	94 CHEVY ASTRO 4000, 4000, 4000, 4000, 4000 EXTRA CLEAN	95 BERETTA 4000, 4000, 4000, 4000, 4000 EXTRA CLEAN	92 EAGLE 1/2 TON 4000, 4000, 4000, 4000, 4000 EXTRA CLEAN
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## SHOP TIL YOU DROP

1500 MILE SHOPPING PRIZE

To enter the "Shop Til You Drop" Sweepstakes giveaway outlined below, follow all directions published in this offer. Your entry must arrive by NOON on December 15, 1995.

The \$5,000 Holiday Shopping Sweep/Prize will be awarded to one winner. A winner will be selected by random drawing from all qualified entries received. The winner will receive a \$5,000 Holiday Shopping Sweep at West County Center, St. Louis, whose decision on all matters relating to this contest is final.

**THE FOLLOWING APPLIES TO THE SWEEPSTAKES ABOVE:**

Sweepstakes begins 10/1/95 and ends 12/15/95. Winner will be selected in a random drawing held on 12/15/95, at 5 PM from among all eligible entries received, under the supervision of Don Miller, President and CEO, Suburban Newspapers of Greater St. Louis, whose decision on all matters relating to this contest is final.

Winner agrees that Suburban Journal employees, their agents, dealers, and members of their family shall have no liability in connection with acceptance or use of prizes purchased with the \$5,000 Holiday Shopping Sweep.

The Suburban Journals are not responsible for entries that are lost, late or misdirected by mail.

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1990 Dodge Grand Caravan SE \$13,995  
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1997 Dodge Intrepid \$19,995  
1997 Ford Ranger Pick Up \$2,895  
1990 Dodge Dakota Pick Up Truck \$7,995  
1995 Dodge B350 15 Pass Van \$18,995  
1990 Ford Club Wagon 8 Pass. \$9,995  
1995 Dodge Intrepid \$15,995  
1990 Dodge Dynasty 4 Dr. \$10,995  
1995 Dodge B250 Cargo Van \$16,995  
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ADDRESS Number & Street City County State Zip						Mon. Payment
PREVIOUS ADDRESS Number & Street City County State Zip						Amount Paid Interest
Employed	Name of Company			Address	City	State Phone #
Trade Or Occupation	Salary Range/Basic Rate			Name of Previous Employer		Address City State Zip

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**ANXIOUS OWNER LOOKING FOR AN OFFER** already built waiting for a buyer. 3 bedrooms, 2 1/2 baths, stone fireplace, a large window in the living room, granite breakfast bar, decorated & landscaped. Call for your viewing. **\$125,000**

**IF YOU LOVE THE CHARM OF OLDER HOMES** then you'll love this home. 3 bedrooms, 2 1/2 baths, stone fireplace, a large window in the living room, granite breakfast bar, decorated & landscaped. Call for your viewing. **\$125,000**

**30 YEAR - Convenient to shopping & churches. The friendly 3 bedroom 2 1/2 bath home is priced in the \$50's. Call 877-7653**

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<p><b>C147</b></p> <p><b>REALTUFF MOBILE ON ITS OWN LOT.</b> Open floor plan, minor kitchen damage sinkless tub &amp; separate shower. Covered deck, landscaped w/yard lights, 2 car carpet. C2135</p> <p><b>NEWLY REMODELED</b> w/newer vinyl flooring, newer ceiling fans &amp; thermal windows throughout. Full bath &amp; master bedroom. Call today! C2132</p> <p><b>VERY MOTIVATED SELLER -</b> Lovely 1 1/2 story brick, lot in lot w/acreage of storage &amp; 2 pastures. Possible 2nd BR in back yard, main floor walkout rear. Great location. Call today! C2111</p> <p><b>WHY RENT - WHEN YOU CAN OWN!</b> \$21,000 buys this 2 story vinyl sided home. Newer furnace, full bath &amp; utility room with CLOsets. C2133</p> <p><b>NICELY DECORATED.</b> Oak cabinets &amp; pantry in kitchen, W/B fireplace, ceiling fans, plush carpet thru-out, fenced backyard w/deck. C2136</p>	<p>The New Once A Month Flea Market, TABLE to be available AT OLIVEHURST, #5574, (618) 281-7161</p> <p><b>HASKO SPORTING GOODS</b> <b>HASKO EQUIPMENT</b> Tackles, lures, rods, reels, shot boys LX Bauer 3000 skates, size 6 Tel. 916 area code 331-5252</p> <p><b>\$1800 STEROEYS</b> BIRD SEARCH TV FOR SALE Microsatellite pay to take advertisements. Call for more info. Tel. 916 Area Code 331-5252 Call for more info. Tel. 916 Area Code 331-5252</p> <p><b>LOCAL HOUSING OPPORTUNITY - OWNERS OFFICE IS NOW OPEN AND OPERATING</b></p>	<p><b>Realty, Inc.</b> 1735 Pontoon Road 931-2711</p> <p><b>COMPUTERIZED VISUAL MARKETING</b></p> <p><b>3 BEDROOM HOME IN MID PORTS.</b> Cozy family room and den in basement. Garage with opener, plus carport. Security system.</p> <p><b>OWNER TRANSFERRED AND READY TO SELL!!</b> This 5 room brick ranch is ready and waiting for you to preview. Please call for more details.</p> <p><b>THIS REALTY WON'T LAST LONG!</b> Updated kitchen</p>
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**JUST REDUCED -** Great starter home near Wilson Park. 2 bedrooms, partially finished basement, garage and more. \$54,900-51142

**WELL LOCATED 2nd STORY HOME** features dining room, 4 bedrooms, beautiful oak cabinets, large rooms, no detached garage and full basement. \$42,900-51142

**VERY NICE NEWER HOME** has 3 bedrooms, 2 full baths with shower, large kitchen with granite and dishwasher, 2nd floor laundry and a 2 car garage. \$64,900-51190

**PRICED TO SELL!** Remodeled kitchen and bath, great 2nd floor laundry, call soon! \$52,900-51190

**COMMERCIAL -** Buy Hwy 111 32x22 building plus storage building, perfect for repair shop. only \$49,000-51190

**VERY ATTRACTIVE 1 bedroom** ranch style home, close to school, great location, full basement, full kitchen, full bath, 2 car garage, call soon! \$51,900-51235

**BUILDING LOT IN LEBANON** offering, walking distance to school, great location for new construction home, 2 car garage, family units. \$29,000-51133

**JUST THIS 3 bedroom** ranch style home, garage, hardwood floors, full kitchen, full bath, 2 car garage, call soon! \$49,900-51220

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**WHY PAY MORE** when you can own this 2 bedroom home with built in oven, cooktop, range, 1 1/2 baths, full kitchen, full basement, full garage and more. \$51,900-51142

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**EXTREMELY NICE DUPLEX** only 12 years old - 3 bedrooms, 2 1/2 baths, and attached garage on each side in park area. more in side yard, but let tenant help make this more, after all \$53,000

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**VERY NICE NEWER HOME** has 3 bedrooms, 2 full baths with shower, large kitchen with granite and dishwasher, 2nd floor laundry and a 2 car garage. \$64,900-51190

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**BUILDING LOT IN LEBANON** offering, walking distance to school, great location for new construction home, 2 car garage, family units. \$29,000-51133

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**2100 HOMES FOR SALE**  
**FOR SALE**

**THE BEST OF BOTH -** Country living in town. Suitable for the only Bed & Breakfast in historic Vandalia, IL. Secluded, spacious, shady, 7 room, 2 1/2 baths, 2 car garage. 3 bedroom, 2 1/2 baths, formal dining room, fireplace. Completely redecorated, new kitchen.

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**16805 PERFECT GETAWAY!!** Older mobile home in great condition with new well, over 40 acres, excellent hunting, Call Holzinger Real Estate, 1-800-901-9888. Ask for Dave.

**16996 READY FOR YOU TO MOVE INTO!** bedroom, 1 1/2 bath brick home with dining room, fireplace, full basement, newer c/a, on 1/2 acre. Ask for Will.

**16834 MORE FOR YOUR MONEY!** Country living within city limits! Home on 6.6 acres with nice front porch and shed. Call for more info.

**16785 PRICED TO SELL!!** Great starter home with many extras: Breakfast nook, deck, fireplace, enclosed porch, large 2 car detached garage, in the 30's. Ask for Dory.

**16386 PRICE REDUCED FOR QUICK SALE!** 3 bedroom home with many extras including kitchen, c/a, cabinets, fireplace, family room, ceiling fans, skylight, newer roof, patio, close to schools. In the 50's and more, Ask for Will or Sue.

**16940 GREAT STARTER HOME** with walkout basement, newer windows, new carpet, new backyard, in the low 50's. Ask for Chuck.

**TROY, IL 667-9998 1-800-667-9900**

**GOOD TASTE LIVES HERE-** Four year old home has vaulted ceiling in Great room. Kitchen has breakfast room that leads to a deck. Two fireplaces, 2 1/2 baths. This beautifully decorated home is situated on a large lot. Call for more details.

**AN EXCELLENT BUY!!** For less than \$35,000 you can own your own two bedroom home with large kitchen and living room. Extra bedrooms in basement. Central air.

**GOOD INVESTMENT PROPERTY -** \$19,500 - Aluminum siding, four room house. Large bedroom (23x17) could be divided. Call for more details.

**YOU'LL LOVE THIS 4 BEDROOM brick beauty!** Lovingly cared for, inside and out. Beautiful kitchen cabinets with GE Pottschuber dishwasher. Furnace, 7 room, 2 1/2 baths, 2 car garage. New roof. Ceiling fans with lights in all bedrooms.

**GOOD TASTE LIVES HERE-And** Only asking \$104,900 for this brick, 4 bedroom, 2 1/2 bath home with Florida room and a separate patio for entertaining all ages, all seasons. Call to be shown this exceptional value now!

**EVERYTHING YOU ALWAYS WANTED!** Beautiful kitchen with many amenities: inground pool with automated cleaner, 2 car attached garage, family room with fireplace and full basement.

**COMPLETELY REMODELED KITCHEN** and bath, home freshly painted and ready to move in. The two bedroom, vinyl sided home has a basement and a garage for under \$40,000.

**POTENTIAL JUST THIS 2 story house** is waiting for you to make it a home. Open upstairs in living room leads to 3 bedrooms upstairs.

**FAMILY FUED-Need more room?** Getting in each other's way? This spacious 4 bedroom, 2 1/2 bath home even includes a very private getaway den, screened-in porch and an enclosed "Bar-Bu-Que" room for your personal touch to suit the mood.

**BIG ROOMS in this 2 bedroom home** with archway between living and dining rooms. French doors lead into sunroom. New furnace and air in 1990.

**JOURNAL CLASSIFIED 966-FAST or 966-3278**

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REAL ESTATE  
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Highland, IL  
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**1-800-901-9888**



This image shows a blank, aged, cream-colored page, likely an endpaper or flyleaf of a book. The paper has a slightly textured appearance with some faint smudges and discoloration, characteristic of old paper. The right edge of the page is bound into a dark, possibly black, cover. There is no text or other markings on the page.

## Genealogy workshop planned

The Drusilla Andrews Chapter of the National Society of Daughters of the American Revolution met Oct. 21 at the home of Barbara Williams with 10 members and one guest, Mrs. James Schaller of Waterloo, present.

Following a breakfast snack, Linda Mizell, regent, led the group in the opening ritual, the Pledge of Allegiance and the American's Creed.

The regent introduced Schaller, who is the Illinois DAR Division VI director for the next two years. As such, she visits the 18 chapters in her division.

Marie Reinhardt read the president general's message and Emma Schoen presented the national defense topic regarding the holidays and how their names and official dates have changed over the years. She also alerted the members to the many historical eliminations or errors that are contained in the Pocahontas video.

Treasurer Sandra Wilkinson complimented the members, both local and out-of-state, for

their prompt payment of the year's dues. She also passed out honor roll sheets and asked the members to suggest any changes and to accept the list later in the meeting with any changes desired. Changes in honor roll requirements make it easier for small chapters to compete against the large chapters.

Lists of groups' addresses to which one could write about the good or bad content of advertising, movies or television and radio programs, were distributed.

It was announced that the George Rogers Clark Chapter of the SAR will hold a basic genealogy workshop from 6:30 to 8:30 Nov. 2 and 16 at the Granite City Library. A charge of \$3 will be made to cover the cost of copying materials to be handed out. The public is invited to attend.

It was also announced that the proposed June 14, 1996, Flag Day ceremony, sponsored by the SAR, to be held in Granite City, may be canceled due to the slowness or the reluctance of city officials to

approve the event.

Due to the chapter-size reclassifications in honor roll, more leeway is allotted to chapters and their school "good citizens" program. The local chapter voted to award personalized paperweights to the three "good citizens" this year.

After hearing about the "letters for veterans" program, some members are involved in, Schaller said it should be reported by the chapter on its report on services for veteran patients.

Schaller spoke on her "hero," Father Gibault, a French-Canadian priest who was assigned to a wide area of southern Illinois and extending east as far as Vincennes, Ind. She commented about the scarcity of printed material on him and also the fact that in many older pictures, he is an unnamed person in the group.

Additional persons attending not previously mentioned were Audrey Sperry, Margaret Belt, Georgia Engle, Judith Schatz and Jane Vancleser.



From left are Jody Little of Granite City, Pat Krepps and Joan Melling, both of Chicago, and Pat Hickey of St. Louis.

## Local woman in show on Saturday

Jody Little, a resident of Granite City and member of Gateway Sounds Chorus, sings baritone with "High Point," one of the featured quartets in the chorus' 28th annual show, "Name That Show," to be presented at 7:30 p.m. Nov. 4 at Webster School's Kreider Auditorium, 108 W. Church St. in Collinsville.

"High Point," past regional champions and international finalists, competed at the Sweet Adelines International Quartet and Chorus Competition in New Orleans Oct. 18. The Sweet Adelines celebrated

its 50th anniversary with special events planned for this year's competition.

Little previously sang with regency quartet champions and competed on the international stage with "Sunshine Country Sound" as chorus champion. As a chorus member, she competed on the international stage three years with Gateway Sounds as chorus champion. She is a past president and has served in many administrative and music capacities with the chorus.

SPES quartet, "12th Street Rag," will be featured in the

second half of the show. Brothers Mark and John Fortino sing lead and baritone, respectively. Bass singer is Keith Schweer and Rick Kready sings tenor. Kready directs Topeka's Capital City Chorus and the other three are members of Heart of American Chorus in Kansas City.

Advance show tickets are \$7 for adults and \$5 for children, students and seniors. Tickets can be purchased at Stitch 'N' Thyme, 201 W. Main St. in Collinsville, or by calling 797-6426. Purchases at the door will be an additional \$1.

## Eagles Auxiliary members attend convention

Granite City Eagles Auxiliary 1126 attended the 44th national Eagles convention held in Louisville, Ky., Aug. 13-15.

The first session was called to order by Lucille Lewis, convention chairman and past grand madam president, with Judy Sanders, grand madam conductor, presenting the flags. Mildred Johnson, past grand madam president, led the Pledge of Allegiance.

Saron Sabourin, grand madam chaplain, gave the invocation. The welcoming address was given by Peggy Hughes, southeastern central regional president, and Janis Jones, Kentucky state president.

Jeanne Robertson gave the keynote address on the topic of "Exemplification of Grand Auxiliary Rituals" with E.L. "Bud" Collette, grand worthy Aerie president, as special guest.

Robertson says, "No matter what kind of hand life has

dealt, the best way to cope is with a sense of humor slogan 'fool 'em with a smile'."

Illinois took first place and \$100 prize for the "best decorated entry" in the parade. Joanna Spencer of Granite City marched behind the membership car with a butterfly and caterpillar decorated theme, along with the state project chairman and her committee, dressed in caterpillar and butterfly costumes.

Spencer and Ann Pates, junior past president, attended the ritual and membership workshops banquet.

Iris McDermott, past grand madam president, gave her report on her recent visit to the Eagles Home on the Range facility in North Dakota.

At the second session, Jackie Spahn, past grand madam president, gave the credentials report. She reported there were 310 visitors and 1,163 members preregistered in attendance.

## Navy Mothers Club makes plans to send gifts

The Quad-Cities Navy Mothers Club 850 met at the China Buffet in Granite City for dinner, followed by a meeting at the Veterans of Foreign Wars Hall. The meeting was called to order by Mary Ann Rollberg, commander.

Roll call of officers was taken and all were present with the exception of the first and second vice commanders. Edna Miller, chaplain, offered the opening prayer. All present

said the Pledge of Allegiance to the Flag and the Preamble of Navy Mothers. Mary Korsch, adjutant, read the minutes of the previous meeting, which were approved as read. Nina George, finance officer, gave the finance report, which was referred for audit.

Communications were read, consisting of a thank-you note from Frances R. Ege of Mendota, Ill., junior past commander.

Plans were made to send Christmas gifts to Navy mothers, sons or daughters who are in service of the country. Plans were also made to celebrate the 38th birthday of Navy Mothers, to be held at 6 p.m. Nov. 9 at Houlthams in Fairview Heights. Marian Lipscomb will be in charge of table decorations.

Miller offered the closing prayer. No further business was discussed and the meeting was adjourned.

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1995  
START A TRADITION

**JAN'S Hallmark**

**\$65.00**

*Jan's Hallmark, Granite City is delighted to have been selected as one of 1500 retailers nationwide to participate in the 1995 Home for the Holidays Event. This event will begin on October 28th and end November 6th. We have a very limited quantity of the 13 piece "Sweet A Christmas" set. The Suggested Retail Price of \$65.00 is a 30% Savings Off the Suggested Retail of \$95.00. "Holidays A Christmas Diary" is a 94 page book featuring Christmas Decorating Ideas from the Experts at Department 56. At the Suggested Retail of \$9.95 it is quite a value, a portion of the books cost will be donated to The Ronald McDonald House.*

**JAN'S Hallmark**

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**On All... All-Season Radials**

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**BUY 3, GET 1 FREE!**

**NEW Firestone**

**FR 360**

All-season tread design. Steel belted Radial. Smooth ride. 45,000 mile limited treadwear warranty.

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**LUBER, OIL & FILTER \$17.95**

MOST U.S. CARS

Up to 5 quarts 10W/30 oil, plus 12 point inspection

GCJ-1 EXP 11-28-95

**ROTATE & COMPUTER SPIN-BALANCE 4 TIRES \$17.95**

MOST U.S. CARS

Improves ride & handling. Promotes even tire wear.

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**RADIATOR FLUSH & FILL \$24.95**

MOST U.S. CARS

Drain & backflush cooling system, install up to 2 gal. permanent type anti-freeze, inspect cooling system hoses, belts and clamps.

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# Walks for Women raise \$55,000 for cancer research

By Kevin Carbery  
Staff writer

Sunny skies made it possible for another successful St. Louis Walks for Women event Oct. 1 at Fontbonne College in Clayton and at Our Lady of the Snows shrine in Belleville.

The benefit on behalf of the AMC Cancer Research Center, which is seeking a cure for breast cancer, drew more than 700 walkers and raised \$55,000 at its two sites for the cause.

The event is also intended to educate the public about breast cancer.

Walkers participated individually and as part of teams.

"Of course, the weather was beautiful," said Muriel Carp, executive director of the St. Louis office of AMC. "We're very pleased with the increased participation of teams. We had many people who've walked with us every year, in addition to new people."

For the event — the fourth annual — walkers obtained sponsors' pledges for each mile walked, and those individuals and teams earning the highest pledge amounts were awarded prizes for their achievements.

Carp said the Walks for Women effort has proven to be popular and definitely will be

coming back in the future. "It should be a continuing event," she said. "The comments we get are that people have a good time for a very good cause, breast cancer research and education."

Listed below are the top fund-raisers from the Walks for Women event.

Corporate Team Winners: Gold — Monsanto, Coin Acceptors, Angelica Uniform; Silver — Smith Kline Beecham Chemical Laboratories, Martha Rounds Slimnastics, KTVI-TV (Channel 3); Bronze — Sunnen Products.

Team Winners: Gold — Watlow Electric; Silver — The Face & The Body; Bronze —

Collins & Hermann Inc., Kellwood Co.

Individual Winners: First Place (Clayton) — Kathy Collins, a cancer survivor; Second Place (Clayton) Erica Glaser, 10, whose grandmother is a cancer survivor; Third Place (Clayton) Peggy Marine; First Place (Belleville) Linda Castellano; Second Place (Belleville) Diane Clement; Third Place (Belleville) Melanie Franke.

Additional teams participating: Bobby's, Bonzi's Express, Bridge Information, Colt Safety Inc., The Gass Attack, Ladies of the

Elks, Magna Bank, Monsanto, NAWBO, St. Louisans for Marit Clark, St. Louis Community College, Shirley's

Stars, Signal Hill School Faculty, Swett & Crawford, U. City Lions, Washington University.

## WURST-MARKET SAUSAGE SUPPER

Sunday, Nov. 5th • 11:30 AM to 6:00 PM  
Holy Cross Lutheran Church  
304 South Street, Collinsville  
\$6.00 Adults • \$2.50 Children (6-12)  
Adult Carry-Outs Available

## Cook elected DeMolay chapter master councilor

David W. Cook, son of Mr. and Mrs. William Cook of Granite City, was elected master councilor of the James Stuart Chapter of DeMolay at its last regular meeting.

A sophomore at Granite City High School, he is in accelerated classes and a member of the

Science Club.

Cook and other elected and appointed officers were publicly installed Oct. 7 at the Granite City Masonic Temple. Food and a dance followed the installation.

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Come to... **FOURNIE FARMS**

• Pumpkins	• Indian Corn	• Cornstalks
• Cucumbers	• Soft Fruit	• Carrots
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• Honey	• Cauliflower	• Horseradish
• Potatoes	• Broccoli	• Watermelon
• Zucchini	• Acorn, Butternut	• Apples
• Peppers	• Sweet Potatoes	
• Green Bell Peppers	• Mums	

Hours: 10 AM - 6 PM Mon. - Sun.  
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"NEW" Potatoes, Green Beans, "Fresh" Spinach, Cauliflower, Cabbage & Broccoli

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Learn what you need to know about **taxes that affect estates, wills and bequests, insurance and trusts.**

Tuesday, November 14, 1995  
7 to 9 p.m.  
Memorial Hospital Auditorium

### Speakers:

**Robert G. Cady**  
Vice President and Trust Officer  
West Pointe Bank And Trust Company

**Richard D. Heil, CPA**  
Principal, J.W. Boyle & Co., LTD  
Certified Public Accountants

To register: Call Memorial Foundation at 257-5659

This program is provided as a service of

**MEMORIAL FOUNDATION, INC.**  
4500 Memorial Drive  
Belleville, Illinois 62223

Support groups have been in existence for many years. They can become a vital and positive influence in the lives of both patients and those who care about them. By providing information about their disease and how to live with it, support group members can create a better working partnership between patient and physician.

Memorial believes that support groups provide an opportunity for patients, along with their families and friends to discuss uncertainties and learn to place them in perspective. Better than any other technique, talking in a support group with people who share common problems, helps them understand that they are not alone.

The following is information about Memorial-sponsored support groups. For more information about these groups, call the Community Relations Department at 257-5649.

### DIABETES

A mutual support group comprised of people with diabetes, their families and people who have had their lives affected by diabetes. Meetings are held on the fourth Monday of every month from 9 to 11 a.m. in the hospital auditorium.

### FIBROMYALGIA SYNDROME

This support group is for people with fibromyalgia syndrome (FMS) and their families. FMS is considered to be a widespread musculoskeletal pain and fatigue disorder for which the cause is still unknown. Meetings are held on the third

Tuesday of every month from 7 to 9 p.m. in the hospital auditorium.

### HOPE

Hospital Oncology Patient and Family Education was formed to assist cancer patients, former cancer patients and people who have their lives affected by cancer. The HOPE group meets the last Thursday of each month at 1 p.m. in the auditorium.

### ARTHRITIS AND JOINT REPLACEMENT

This group is for people who have arthritic conditions, as well as for

## Support Groups

at  
**MEMORIAL HOSPITAL**



4500 Memorial Drive  
Belleville, Illinois 62223  
(618) 233-7750

those who have experienced or who are anticipating joint replacement surgery. Meetings are held on the second Wednesday of every month (except June - September) from 7 to 9 p.m. in the auditorium.

### LUPUS

This support group is affiliated with the Illinois and Missouri Chapters of the Lupus Foundation of America. Meetings are held offering information and insight for coping with lupus on the third Tuesday of each month (except June - September) at 7:30 p.m. in the hospital auditorium.

### MENDED HEARTS, INC. - BELLEVILLE CHAPTER

Mended Hearts is a volunteer organization consisting of people who have heart disease, their families, medical professionals and other interested people. Additionally, Mended Hearts members form a support group for one another, contributing emotional backing to recovering patients and their families. For more information, call Memorial's Social Service Department at 257-5420.

### NU-VOICE

Conducted in cooperation with the American Cancer Society, the Nu-Voice Club is for laryngectomies - people who have had their voice boxes (larynxes) removed. Family members and friends are encouraged to attend. For more information about meeting dates and times, call the Speech Pathology Department at 257-5255.

### PULMONARY REHABILITATION

A group for people with diseases of the lung and their families. Individuals with chronic lung disease and their families learn about the disease, as well as share ideas and solutions to their problems. Meetings are held on the last Wednesday of the month at 1:30 p.m. in the auditorium.

### YOUNG ADULT CANCER

This mutual support group was formed for young adults with cancer and their significant others who are affected by the disease. Meetings are held on the first and third Tuesday of every month at 7 p.m. in the auditorium.

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# 1995 Holiday Preview



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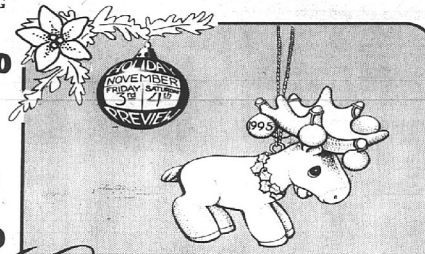
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## Chrimoose Is Coming... November 3rd and 4th!

"Merry Chrimoose" is a limited edition dated Precious Moments ornament available exclusively during the 1995 Holiday Preview celebration on Friday and Saturday, November 3rd and 4th.

And that's not all. We're also introducing "Chris Moose," a cuddly plush moose, for just \$4.99.\* Plus, you'll find more great Precious Moments holiday gifts, activities and drawings, too. What's more, you could win two airline tickets to anywhere in the continental U.S.!

So "Have Yourself A Very Merry Chrimoose." But remember...these exclusives are available only at special Precious Moments stores like ours.

**Next Stop...Sugar Town!**  
All aboard! Now entering the wonderful, wintry world of "Sugar Town," the porcelain village inspired by Precious Moments artist Sam Butcher's childhood memories.  
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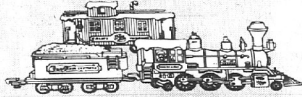
## Christmas Choo-Choo For You!

What looks like candy and sounds like Christmas? It's the Precious Moments "Sugar Town" Express!

Painted in peppermint pink, pastel purple and mint green, it cheerfully chugs back and forth on its eighteen-foot track. The "Sugar Town" Express also plays three popular Christmas carols and toots its little horn, filling your home with Christmas cheer.

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**I ONLY HAVE ICE FOR YOU**  
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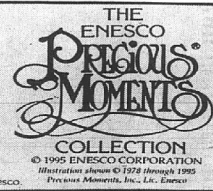
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